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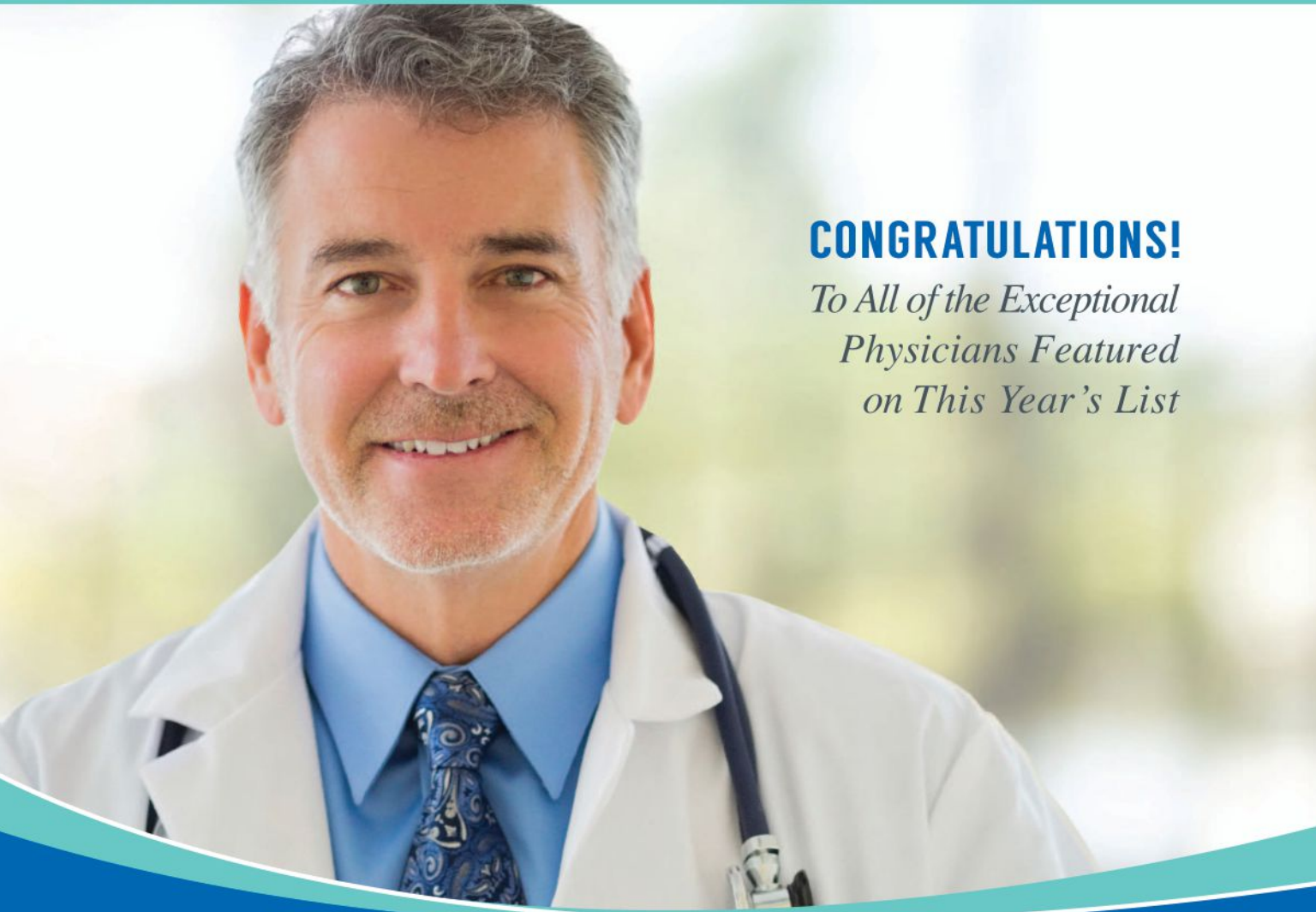
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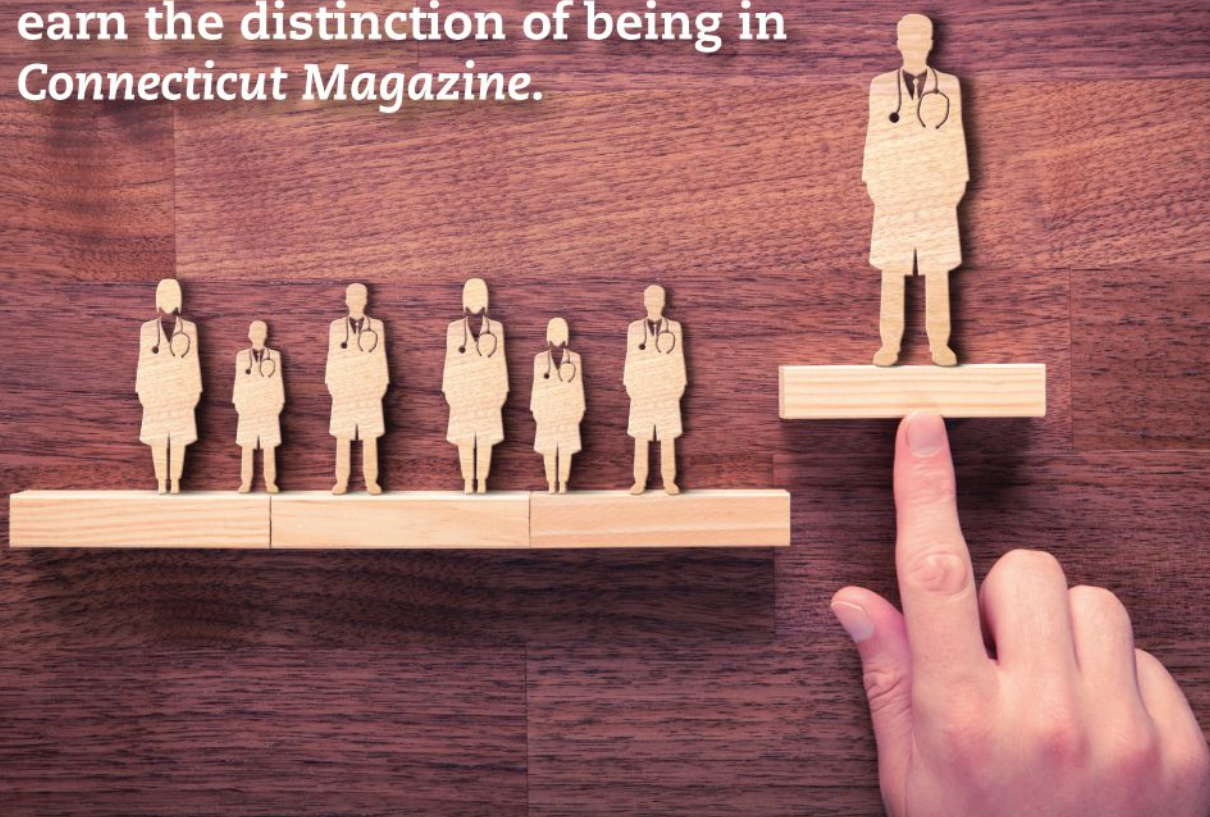
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This page: A fresh design for a Greenwich home's veranda; photo courtesy of Janice Parker Landscape Architects.

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| editor's note |

New Spin on Doctors

Who knew health care could be so complicated? Silly question. *Everyone* knows the health care system can be challenging to navigate.

We could all use help in making decisions about our medical care. One of the most important health care decisions you can make is choosing a doctor, whether in primary care or any one of numerous specialties.

That's why we've published a list of Connecticut's best doctors since the '90s, asking doctors across the state to recommend physicians to whom they would send a loved one in need of medical care. For years we've mailed out surveys to doctors and tallied up votes.

This year, however, we believed it was time for a change. As I wrote in this space last month, we partnered with the organization Best Doctors, a global benefits provider and medical information services company that helps people find the best physicians. Best Doctors' research team conducts a poll of specialists around the country to come up with a list of peer-recommended physicians, a national list that Best Doctors then examines for accuracy and quality.



The 779 doctors listed (starting on page 77) represent the Connecticut portion of the Best Doctors in America® database, the physicians who are recognized as the best in their fields in our state. There are 78 specialties — from addiction medicine to vascular surgery — to make your search for a doctor that much easier. As with our doctors' list from previous years, physicians cannot pay to be Best Doctors, nor can they vote for themselves.

Read more about Best Doctors and its polling methodology on page 77. And we hope this list will make your search for the best possible health services a bit simpler.



Albie Yuravich

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| to the editor |

A Treasure of Memories

I am writing to you about the story you printed in the February issue ("The Lost Treasure of Seaside Park"), written by Michael J. Bielawa, about a buried treasure in Bridgeport.

Although I am in my 70s, the article had to do with my family and we just wanted you to know we thoroughly enjoyed it. Even

though I was young, I knew the people (relatives) mentioned in the story.

It brought back many happy memories.

Thank you for printing it. My family wants to thank Michael for writing it.

By the way, none of us knew anything about the "treasure."

*Sharon Kaufman and family
Stratford*

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WRITER

Theresa Sullivan Barger

'REAL DRAMA' (103)

Sullivan Barger, a former *Hartford Courant* staff writer, has written for *The New York Times*, *The Boston Globe*, and *Family Circle* and *Yankee* magazines. She helped two of her children, now adults, learn their lines as actors in *Looking In Theatre*, which she writes about in this issue.



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A Metro-North train pulls into the Derby/Shelton station along the Waterbury line, one of four branch lines which could see fare hikes and service cuts. PHOTO: CHRISTIAN ABRAHAM

Off the Rails

WHILE POSSIBLE METRO-NORTH RAILROAD FARE HIKES WOULD BE IRKSOME ENOUGH, THE ADDITIONAL THREAT OF BRANCH-LINE SERVICE CUTS ARE FAR MORE ALARMING FOR AFFECTED TOWNS AND RIDERS ALIKE. SOLVING THE STATE'S MOSTLY SELF-INFLICTED FINANCIAL PUBLIC TRANSPORTATION CRISIS IS AN EVEN BIGGER CHALLENGE.

BY MICHAEL CATAREVAS

Connecticut Metro-North Railroad riders have long voiced the same complaints — slow trains, late trains and too-expensive trains. Well, the state Department of Transportation (DOT), in conjunction with the Hartford legislature, may soon offer a new one to chew on.

How about no trains?

Such a reality for four branch lines may come to pass July 1 if new funds cannot be found to prevent the state's Special Transportation Fund (STF) from running out of money. Train fares would rise 10 percent on July 1, 2018, then 5 percent more in 2020 and again in 2021. A 14.3 percent bus fare increase (25 cents) would also take effect on July 1, 2018.

The branches have been targeted for service cuts because the profitable New Haven main line ridership, with its more than 40 million riders last year, has almost doubled in five years. While the state

subsidizes \$3.25 for each ride on the New Haven line, the branch subsidies are heavier: \$4.42 for New Canaan (to Stamford); \$17.04 for Danbury (to Norwalk); \$24.46 for Waterbury (to Milford); and \$49.52 for Shore Line East (New Haven to New London). The service cuts would result in no off-peak or weekend trains on branch lines, which carried more than 2.5 million passengers combined in 2017.

Gov. Dannel P. Malloy included the unprecedented cost-cutting measures in his proposed 2019 budget package last December. That spurred the DOT to hold seven public meetings around the state in February and March for citizens and town officials to give their opinions. Before the meetings were even held, however, Malloy revised the budget, with his new version sparing train riders the hikes and cuts. It included a seven-cent increase in the gas tax, a \$3-per-tire fee on new tire purchases, acceleration of the transfer of car sales

tax by two years, and implementation of statewide electronic tolling beginning in 2023. (See sidebar on page 14.)

The public meetings went on as planned, as no one knows for sure what Malloy's final budget proposal will look like when it comes before the Hartford legislature in May. The fare hikes and service cuts could be back in play.

At the meetings, attended by DOT Commissioner James Redeker and other DOT officials, more than just rail riders voiced their displeasure with the potential service cuts. Train engineers, conductors and others pointed out that layoffs and job cuts for Metro-North employees could result from the budget-saving action.

"As the legislature considers budget actions for fiscal year 2019, it is uncertain if the ultimately adopted budget will include sufficient new revenue to offset operating and capital reductions for the DOT, or if the expense-reduction scenario [hikes and cuts] will have to be implemented," Redeker says.

State and local politicians tell *Connecticut Magazine* that they understand the enormity of Connecticut's plight regarding transportation, and the challenges of strengthening the diminished STF.

STF PROBLEMS

How did things get so far off track? Easy. The STF, funded by gasoline taxes, license and permit fees and other income, was created to finance the state's entire transportation system, including the operating costs of the DOT and all the services it provides. It currently holds about \$1.5 billion. According to the Malloy administration, the STF would reach insolvency by mid-2020.

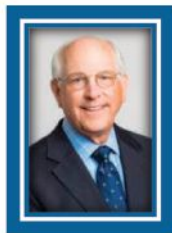
"For decades, our state has chronically underfunded roads, bridges, tunnels, and rails, and as a result our infrastructure consistently ranks among the worst in the nation," Malloy says in a statement. "Without new revenues this year we face a transportation cliff. We absolutely must ensure the solvency of the STF. We can no longer afford to wait. It's time for action."

Having to replenish the STF so dramatically might not have been necessary if it was used as intended. It was not.

"The STF has been regularly raided to help balance the budget by Malloy, [former Gov. M. Jodi] Rell, [former Gov. John] Rowland and probably [former Gov. Lowell] Weicker before that," Connecticut commuter rail advocate Jim Cameron says. "It was a sieve, like a petty cash box regularly dipped into, to the tune of \$400 million in the past decade or so."

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"But the biggest thing that sent the STF into a downhill spiral was in 1997 when the legislature reduced the gasoline tax by 14 cents a gallon. It was very politically popular, but in the long run pretty stupid. The legislature did nothing to replace the money. And since then, according to Malloy, we have lost \$3.7 billion that could have gone into the STF."

A healthy STF is crucial because "shortfalls would not enable the sale of transportation bonds to fund up to \$1 billion of bills for ongoing projects this year," Redeker says. "Without new revenue the only way to balance the fund was for the DOT to develop a balanced

5-year budget that reduced operating and capital expenses."

Positioned to be the public bad guy as the DOT commissioner, Redeker is only following orders. He took the heat at a recent town forum.

"This is not my wish," he said of the hikes and cuts. "I'm trying to do this in a rational way, but it's certainly not a pleasant way. It is my hope that there is a chance for a solution to avoid any fare increases, any service adjustments, cuts, whatever you call them, because, frankly, a fare increase of that magnitude, on [rail] lines that have the highest fares in the country already, is devastating. It is

awful for the economy, it is bad for the consumer, it is bad for ridership. Same thing on the bus side.

"Sixty percent of my expense budget is subsidies for trains and buses, 40 percent for highways," Redeker added. "I can't save all the money I need to operate by just reducing expenses on the highway side. I have to take it out of transit, as well, and the only tools I have to do that are fare increases and service cuts."

U.S. Rep. Jim Himes, a Democrat who represents constituents in many of the Fairfield County towns potentially affected by branch-line service cuts, insisted the STF must regain the public's trust.



Cars pass through the New England Thruway Toll Plaza on the stretch of I-95 between New Rochelle and Larchmont, New York. PHOTO: HEARST CONNECTICUT MEDIA

Amid Dwindling Transit Funds, Some See Electronic Tolls as the Answer

No one misses the old days when driving on Connecticut highways meant having to stop and pay tolls, with traffic congestion often the result. A horrific crash at Stratford's toll booths in 1983, in which seven people were killed, was the impetus for the removal of all state toll plazas a few years later.

The federal government eases the loss of toll revenue by providing Connecticut with hundreds of millions of dollars to help pay for the upkeep of its interstate roadways.

With the state's Special Transportation Fund (STF) now in serious need of replenishment, Gov. Dannel P. Malloy is seeking to have the old revenue raiser returned to state roads, albeit in a newer and safer form — electronic tolling.

With electronic tolling, vehicles pass under toll gantries, which either use cameras and computers to record license plates or get signals from E-ZPass markers on the vehicles.

To get an idea of what tolls would charge drivers, according to an I-95 congestion tolling study by the state Department of Transportation (DOT), a trip between New Haven and New York during peak hours would cost \$6. On the Merritt Parkway it would be \$5. Any New York tolls would be an additional charge.

Proponents of electronic tolling, which would

take a few years to build and implement, say it will generate much more money than the per-gallon fuel tax of 25 cents that is now the STF's chief source of revenue.

The tolling would work on a "congestion pricing" system in which drivers pay more during rush hours and less during off-peak times and weekends.

Longtime Connecticut commuter rail advocate Jim Cameron is in favor of tolls, and feels they should be all around the state.

"Where they get placed is up for grabs," he says.

"It has been proposed to toll 95, 84 and 91 but also the Merritt and Wilbur Cross parkways. But I would say the fairest way is to distribute tolls across the state so no one part is paying and another getting a free ride. If you drive on our roads, you're going to pay a toll for their upkeep."

Connecticut DOT Commissioner James Redeker has said that electronic tolling could add as much as \$750 million a year using congestion pricing, which would include state as well as federal roads. The DOT estimates that installing electronic tolling on state highways would cost \$450 million to \$635 million.

Malloy and toll advocates argue that, currently,

out-of-state drivers using highways through Connecticut don't help pay the freight, as it were, leaving in-state drivers to bear the full fiscal burden of maintaining and improving highways.

Electronic tolls are currently in use in Massachusetts, New York and New Jersey, while Connecticut is the only state in the region to not have any type of tolls.

According to Redeker, "state experts say it will likely take four to five years" to get tolls approved and in place before the state begins to benefit from the revenue, adding that federal approval of a proposed congestion toll system would take a year or so, with time needed for design and construction.

"Driving is not free," Cameron says. "It may be low cost, but it's not free. And the gas tax is not enough to pay for the maintenance of [Connecticut] roads and bridges. Motorists must pay their fair share to keep mass transit affordable."

Cameron agrees with Malloy's point that there are going to be more and more electric cars on the roads in the future, further diminishing the gas tax funds that go into the STF.

"So the guy driving a Tesla, why is he getting a free ride?" Cameron says. "Why isn't he contributing to the maintenance of the roads?"



The old Stratford toll plaza on I-95. CONNECTICUT POST FILE PHOTO

That's where tolls come in.

"We got permission from the federal government to reinstate tolls on interstate highways. Now [congestion] tolling will be used not just to raise revenue but to control traffic. It's supply and demand. We have a limited supply of roads and a huge demand. We need to make

"You need that fund for the simple political reason that people understand that the gas taxes they pay go into improving our experience on the roads and rails," he says. "But if they don't have that confidence, they're a lot less comfortable paying those fees. So having an inviolable transportation fund is really important."

BRANCH-LINE LOSSES

It's one thing to force riders to dig deeper into their pockets to ride the rails, since tickets almost always cost more over time. It's quite another to deny them service altogether, especially for those who rely on trains for travel to and from jobs. Redeker

notes that branch-line riders indeed may face hardships, but decisions were made for the greater good.

"Since fares only cover a portion of the overall expense to operate transit services, DOT reviewed both fare-increase and service-reduction alternatives," he says. "We chose the increase-and-reduction scenario based on the goal of retaining as much service as possible, increasing fares as little as possible, and impacting the fewest riders with service elimination as possible."

That explanation means little to the branch-line towns and people affected. The leaders of Danbury, Waterbury and

New Canaan expressed opinions ranging from annoyance to outrage, depending in part on the importance to their towns of commuting to New York City.

The loss of off-peak weekday branch-line trains would have implications well beyond inconvenience.

"We are one hour from Manhattan, and people here have built their lives around that," New Canaan First Selectman Kevin Moynihan says. "I commuted from here to New York for 29 years. Very often you work late. The parking lot here is still filled after 9 p.m.

"I often came home at midnight. You can't control your schedule. No one wants

people pay for the privilege for driving at rush hour on a weekday."

State Sen. Toni Boucher lives in Wilton, one of the towns which may have its Metro-North train service cut back dramatically. She is against tolls, feeling they would not be fair for nine-to-fivers who must use roads during rush hour.

"Tolls only capture those people who *have* to go through them," she says. "They hurt those that can least afford to pay them. I'm opposed to tolls unless they cut the gas tax and other taxes. Tolls could cost \$60 a week to some people. Between Greenwich and New Haven there would be around 12 tolls on I-95. Not that you have to stop, but every time you go through one you would be assessed another toll."

Waterbury Mayor Neil O'Leary says that what counts most to him is making sure the STF gets funded properly, with no chance of future "raids" to pay down budget deficits. A "lockbox" referendum will be on the ballot this November, with voters deciding if future STF funds can only be used for transportation purposes.

"I'm in favor of tolls and the gas tax, but only if there is an ironclad lockbox," O'Leary says. "We've got to recognize that we're in a critical crisis. We've got to keep the state moving forward."

There have been conflicting views about whether reinstating revenue-generating tolls to Connecticut would impact how much annual federal funding the state gets.

"There is no connection between the amount of federal dollars Connecticut receives every year (about \$500 million) and tolls or the lack thereof," DOT spokesman Judd Everhart says. "Bringing back tolls would have no impact on the amount of federal money coming to Connecticut."

Cameron says that if tolls were on I-95 and other roadways, locals might think twice about using them for convenience sake.

"I live in Darien, and if I want to go from one side of town to the other I just hop on 95," he says. "I should not be allowed to do that. Or I should pay for the privilege of doing that. It's time for tolls." | MICHAEL CATAREVAS |

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Metro-North ridership, 2017

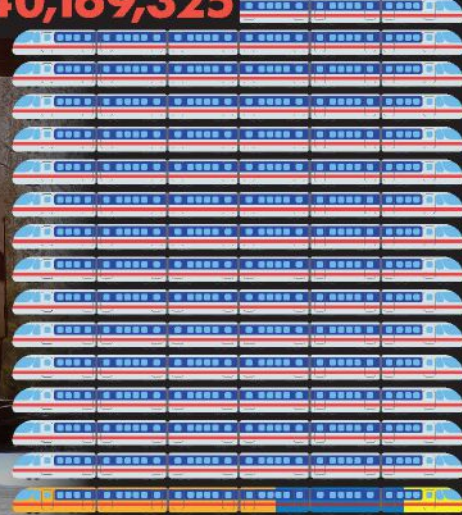
Total New Haven Line ridership
40,169,325

Total branch-line ridership
2,595,076

Waterbury
342,204

Danbury
740,238

New Canaan
1,512,634



Source: Metro-North Railroad

PHOTO: CHRISTIAN ABRAHAM • GRAPHIC: MACROVECTOR/ISTOCK/THINKSTOCK

to take an Uber from Darien at night to get their car in the New Canaan train station lot. We would lose half a billion dollars on our real estate values, because millennials would simply say that moving to New Canaan is not an option anymore. It just cannot happen.”

State Sen. Toni Boucher, R-Wilton, who co-chairs the state’s transportation committee, agrees.

“The branch lines always have had a target on their back,” she says. “The trains are critical to local economies. If there is not a train line into New York that you can sell as an advantage to someone who might buy your home, then you’ve lost one of the big reasons for relocation to Connecticut.”

Picturesque Shore Line East towns such as Guilford, Madison and Old Saybrook stand to lose tourists, both day visitors and vacationers, hurting their inns, restaurants and other businesses.

Waterbury Mayor Neil O’Leary says that service cuts would hurt commuting progress for his city’s branch line just as it’s started to gain in popularity.

“It’s no secret people are moving here who work in New York City,” he says. “We have much more affordable houses and apartments. So it seems like we’re getting really good traction only to be hit with this issue. The towns served by the Waterbury line have been reaping big dividends, and we’d like to keep the momentum going.”

Danbury Mayor Mark Boughton says “we are generally not a commuting community with the exception of points south to Stamford and Norwalk. But when there are cuts to things like the branch line, and as we work to change the culture of people riding in cars and riding on trains, it impacts what we need to do, which is get cars off the road.”

WORKERS IN A FIX

The branch-line service cuts, if they were to occur, would impact riders who rely on trains to get back and forth to jobs, especially on weekends. Metro-North supplied the following 2016 branch-line ridership figures:

Average weekday ridership: New Canaan 4,727; Danbury 2,356; Waterbury 903.

Average Saturday ridership: New Canaan 990; Danbury 444; Waterbury 834.

Average Sunday ridership: New Canaan 808; Danbury 405; Waterbury 879.

New Canaan clearly has a large number of people commuting to New York during the week. All three towns have about the same number of riders on Saturdays as they do on Sundays, which could indicate that a lot of the same people ride on both days, likely commuting to work.

Many riders don’t use the main line, living in a branch-line town and taking the train to get to a job in another branch-line town. Those without cars or alternate means of transportation could find themselves unemployed.

“There are a lot of people taking the train to work here,” Moynihan says. “In restaurants, and people who tutor, and teach music. So it’s a lifeline in terms of [our] economy.”

Reduced train service is something few have experienced.

“Service cuts are a trifecta of bad things,” Himes says. “You lose convenience, arguably property value and you put more cars on the road, so you create an environmental problem. Proposals to scale back service, or to reduce investment, which ultimately will lead to slower and less reliable service, is moving in exactly the wrong direction.”

“You only need to spend about 10 minutes on I-95 or the Merritt [Parkway] to understand how important mass transit is to

the quality of life and the economic future, certainly of my congressional district.”

Boucher says that Malloy’s initial budget proposal was a scare tactic to force the state to consider other taxes. “Malloy is softening the ground for tolls and a gas tax increase and tire tax,” she says.

Connecticut Magazine sought comment from Malloy for this story. His press secretary, Leigh Appleby, emailed the following statement: “The governor has put forward a proposal to bring the Republican/bipartisan budget back into balance without raising broad-based taxes. His proposal would reduce the state’s out-year deficits by more than half. It’s now up to the legislature to take action.”

Cameron acknowledges that Malloy is in a tough spot, but likely won’t budge from his budgetary position that STF funds will come from somewhere, period.

“He’s got no political juice left in Hartford,” Cameron says, with Malloy not running for re-election. “But he’s a smart guy and doesn’t shy away from a fight.”

In this instance, Cameron points out that while fare hikes are normal, service cuts are not.

“I cannot remember cuts in service,” he says. “There have, in fact, been increases over the last decade. They’ve doubled the number of off-peak trains between New Haven and Grand Central, so the railroad has been expanding service. They adjust the timetable every now and then, but I cannot remember in the last 20 years a reduction in service.”

“It’s a wake-up call for how serious the restoration of the STF is. The last thing a transportation commissioner wants to do is cut service. We’ll probably end up seeing fewer trains on weekends, but not zero trains. If the legislature does the right thing we’ll see something less than armageddon.” ■

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Sgt. Stubby on the Silver Screen

THE STORY OF THE INCREDIBLE CONNECTICUT DOG AND WORLD WAR I HERO MAKES ITS MOVIE DEBUT

BY ERIK OFGANG

When filmmaker Richard Lanni was researching World War I for a family-friendly documentary he planned on making, he came across a reference to a famous Connecticut stray dog named Stubby. In 1917, this dog had wandered onto New Haven fields near Yale Bowl where the 102nd Infantry of the U.S. Army's 26th Yankee Division camped and trained. Adopted by Pvt. J. Robert Conroy of New Britain, Stubby shipped overseas with the division and earned a spot in history.

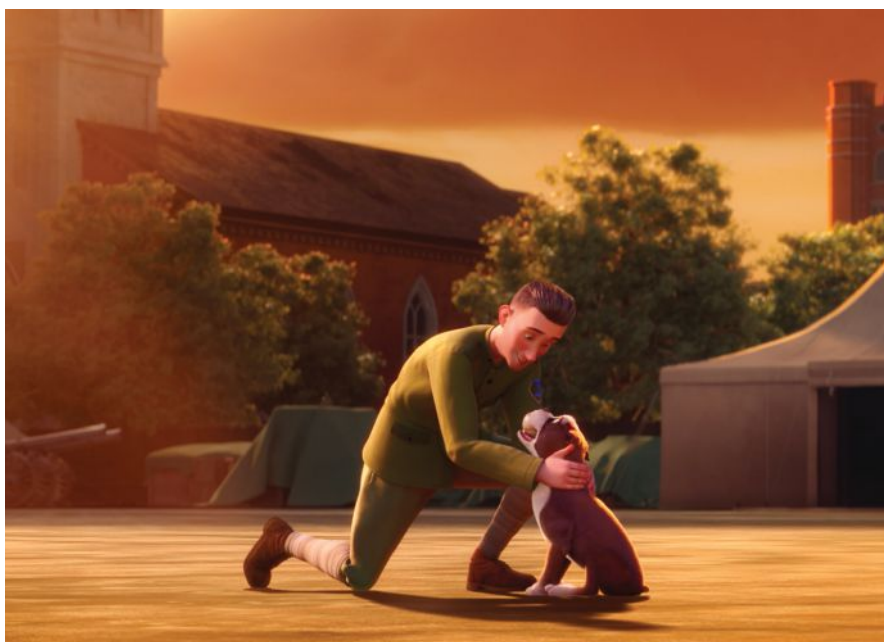
After being smuggled to Europe by Conroy, Stubby saved U.S. soldiers and possibly a French town from gas attacks, helped retrieve wounded men from “no man’s land” and even caught an enemy spy.

Like many before and since, Lanni was charmed by Stubby’s story. Instead of making the documentary he had been working on, he decided to make an animated feature film about Stubby. That film, *Sgt. Stubby: An American Hero*, will be released nationally April 13. It features the voices of Logan Lerman (as Robert Conroy), Helena Bonham Carter and Gérard Depardieu.

The Connecticut Humane Society will receive a portion of box office proceeds from the opening night of the film in Connecticut. These funds will help the organization provide lifesaving veterinary care to pets in need at the Humane Society’s medical department.

Jordan R. Beck, an intelligence officer with the Georgia National Guard, serves as one of the film’s voice actors and as its 2D sequence director and assistant producer. He was involved with the production from the beginning and says that early on in the film’s development they decided this would be a different kind of animated feature.

“In surveying the family-animation landscape, we realized that there’s kind of a hole in it,” Beck says during a phone interview. “The world of family animation has always existed for fantasy films, fairy tales, gag-driven



A still from Richard Lanni’s animated feature *Sgt. Stubby: An American Hero*.

comedies, things of that nature, but there’s never really been educational films or true stories told in animation on a wide scale.”

Beck says that even the animated films that are based on true stories “are still fairy tales. They still include talking animals or singing trees. We realized, ‘Hey, we have an opportunity here to tell one true story in animation and bring history alive for families through a visual language kids can understand.’”

In keeping with this mission, the team decided early on that Stubby would not talk in the film.

“It was important to us that Stubby be expressive and emotive and engaging, but not overly anthropomorphized and not verbal,” Beck says.

As a result, Beck adds that he and his fellow voice actors had to carry the story forward and provide much of its emotional weight — particularly Lerman, who voices Conroy, the main character.

Beck says that Lerman, known for playing the title role in the *Percy Jackson* fantasy films, was perfect for the role because he could capture the mix of horror and wonder required. “He’s young, he’s energetic, he sounds like the all-American boy, who then can take us into the darkness of mechanized war, and still maintain his humanity, and his sense of purpose through his relationship with this little dog.”

Lerman was helped by Carter, who plays Conroy’s older sister, Margaret, and serves as the film’s narrator, and Depardieu as Gaston Baptiste, a fictional French soldier who interacts with the boys of the Yankee Division in Europe.

Beck plays Elmer Olsen, a fellow soldier who hates dogs and makes trouble for Stubby and Conroy.

In the film, locals will recognize landmarks in New Haven. To ensure accuracy, the filmmakers, who are based outside of Connecticut, worked with the Connecticut Military Department and the state librarian.

In addition to being a story about war, the U.S. and Connecticut, *Sgt. Stubby* is a story about animals, Beck says.

“Stubby isn’t just the most decorated dog in American history, he’s also the most famous stray, and he’s a perfect example of what happens when you give a dog a chance in life.” ■





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'A Connecticut Yankee'



TITUS WELLIVER IS BACK
PATROLLING THE STREETS OF L.A.
IN AMAZON'S *BOSCH*, BUT HIS
HEART REMAINS IN CONNECTICUT

PHOTO: MATT SAYLES

BY ALBIE YURAVICH

In the first week of January, actor Titus Welliver was supposed to fly to Los Angeles, the city of his Amazon detective series *Bosch*. But when a "bomb cyclone" nor'easter hit New England, he was stranded at his northwest Connecticut home for five days. The New Haven native was unfazed.

"It doesn't bother me," Welliver says in a recent phone interview from the West Coast. "I'm a Connecticut Yankee and an East Coaster, so for me I just kind of sit it out. But my kids get a little bit stir-crazy when it's sub zero and there's a foot of snow and not a lot for them to do except act out *The Revenant*."

Minus the fight for survival of that movie, the wilderness of Litchfield County is an epic

setting for Welliver, who, before his title turn in *Bosch*, has largely played supporting roles in film and television. On TV, he was the Man in Black on ABC's *Lost*, and had notable roles on FX's *Sons of Anarchy* and HBO's *Deadwood*. And if you've seen a Ben Affleck-directed movie, chances are Welliver has been in it.

The son of landscape painter Neil Welliver and fashion illustrator Norma Cripps, Welliver is back for the fourth season of *Bosch*, which premieres on Amazon's streaming service April 13 and was recently picked up for a fifth season. Welliver talks about his title character's next big challenge, his Connecticut roots, his love of the outdoors, why he didn't follow in his parents' footsteps as a visual artist, and his complex relationship with his late father.

You live in a pretty rural area of Litchfield County. Tell me about your property.

It's not a ton of land by local landowner standards. We own 10 acres of land, but that's more than enough and the few neighbors we have there's kind of an open-door policy — people walk around on each other's land, and we roam freely in the woods. We have a lot of deer because we literally live in the woods. I've just asked that people not put tree stands up on my property. But many people and several of my friends there depend on harvesting the deer each year to fill their freezer with meat. It's an integral part of their survival and I respect that. I haven't hunted myself in many years, because I don't feel the need to do that. It's not a necessity for me. I can walk and not get anxious if I'm crossing over some stone wall and somebody is going to scream and yell at me and call the state police because I'm on a piece of their land.

I hear you're a big supporter of local farmers and producers.

The lovely thing about where we are is that 95 percent of the food we eat is locally sourced. I have a lot of farmers who are my friends in the area who have vegetable farms, have livestock farms. I can buy raw milk from one of my neighbors. I can buy my vegetables from another neighbor who is the town selectman. I can get my beef and eggs and chicken and sheep skin and everything you can possibly imagine. So aside from the occasional bottle of ginger ale, which nobody seems to make locally, our food is all clean and organic and

really, really good and it supports the local economy. I much prefer to do that than to spend my money at a big-box store.

What do you do when you're in Connecticut?

We're central to a lot of outdoor activity. Particularly in the summertime we spend most of our time outdoors. Mohawk State Forest is right near my house. We go swimming over there in Mohawk Pond. There are great trails; they go all over the place and are very close to our house. We do stand-up paddleboarding in the waterways nearby. When I first put my stand-up paddleboard in Mohawk Pond I got a lot of crazy looks. I don't think people I came in contact with knew anything about it. And now it's kind of caught on, which makes me happy. It's almost like a glass-bottom boat when you're on a stand-up paddleboard and you're in fresh water and going into shallow areas, you literally have a bird's-eye view down into the water. It's very tranquil and very zen. I can sneak up on a lot of nature. I can come up on a blue heron, or I can sit down on my board and observe beaver building their dams. It's a wonderful thing to observe wildlife with when you're out there. And there are so many good places to eat. I go over to Salisbury to The White Hart and have lunch or dinner in the Tap Room. The Woodland [in Lakeville] is a great go-to spot. We went there on Christmas Eve. Kent is another place I spend a lot of time. It has one of the great bookstores around. It has a great chocolate place. There's music over in Norfolk. Culturally it's very dynamic. I always joke with people, I run into more actors here than when I'm

working in L.A. It's such an interesting melting pot of people — farmers and plumbers and craftsmen and carpenters and playwrights and producers and directors and musicians.

Motor Trend magazine had an interview with you about your love of driving and your Audi S3. Have you ever driven at Lime Rock Park in Lakeville?

I haven't done that. People always say to me, "Do you go to the races?" The short answer is it rattles my fillings. Because people watch racing on television and it sounds like angry hornets, but when you are actually there in the stands it exfoliates your soul, it's so loud. I still have my S3, and that would be a great car to put on the track because that car is extremely fast and fun. Aside from violating the speed limit here and there on the freeway sometimes, I haven't had a chance to ever open up and see what that car can do. But I will just get in my car and see where the road takes me — that's how I got to know the Litchfield County area.

How do you split your time between Connecticut and L.A.?

I go back and forth. My sons both go to boarding school in Connecticut. We spend our holidays there, too. Being a Connecticut Yankee, the one or two Christmases that I had to spend in L.A., I didn't want to open the drapes during the day for fear of seeing the sun shining. I woke up so thankfully this year at 6 o'clock in the morning and pulled the shades up and there was a beautiful snowstorm going



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You were born in New Haven and spent a good deal of time there.

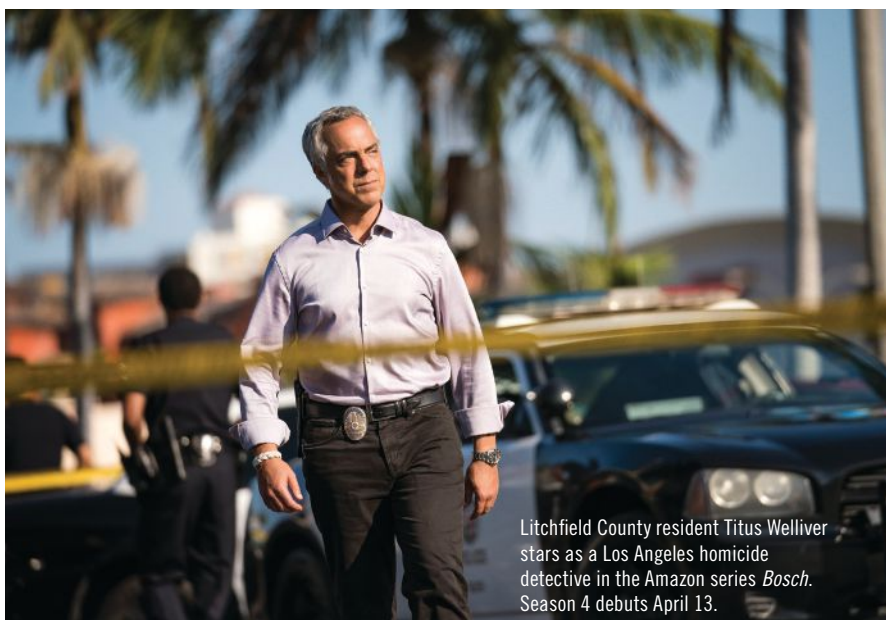
My dad did graduate school at Yale under [artist] Josef Albers, and then my father stayed and he took over the department for Albers when he retired, so my dad ran the graduate school of fine arts at Yale. We were little Yale latchkey kids; we were all kids of people who taught at Yale. The Taft children, Horace Taft's kids [brother of President William Howard Taft and the founder of Taft School in Watertown], were like extended family for me. Then my father became the chairman of the graduate school of fine arts at the University of Pennsylvania, so we moved to West Philadelphia, but I still would go back to New Haven to visit my extended family on a fairly regular basis. Now, I live [in L.A.] because this is where my work is. When I'm not here I've got to be in Connecticut because that's where my roots are.

Both of your parents were artists, and you nearly pursued painting as a career. Do you still paint?

Yeah, I do. I initially had every intention of following in my parents' footsteps, of being a painter like my father. What I ultimately discovered was there was a lot of constant reminder and comparison to the way that I painted to that of my father, which is to be expected. I think I was a bit too thin skinned; I think it bothered me. And my father said

to me, "If your last name was Smith and not Welliver, you could avoid that, but we have the same last name, and that's the price of admission. So either ignore it and move on or go by a different name." He said, "Do you have to paint?" I said, "What do you mean?" He said, "Do you think about painting all the time?" And I answered truthfully, "No, not entirely." He said, "So what is it you do think about, except girls?" I said acting, and he told me that's what I should do. He said that no

man in his right mind would pursue a career as a painter who did not have to. That was an enormous epiphany for me. Then 25 years later, during an uninspired point in my career as an actor, where I felt like I had sort of figured it out, and was being asked to repeat a character that I had played before, I got very kind of disenfranchised. I found a kind of solitude and inspiration in painting again. At first the paintings I did were really awful; I hadn't picked up a paintbrush in 25 years. I toughed it out



Litchfield County resident Titus Welliver stars as a Los Angeles homicide detective in the Amazon series *Bosch*. Season 4 debuts April 13.

PHOTO: AMAZON

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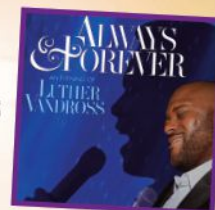
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and got through that and started to do some work that really fulfilled me. A friend of mine looked at my work and said, "You should have a show." And I said, "No, God no. I'm not doing that. This is purely for me; this is me in search of some source of inspiration or encouragement because I'm completely bored out of my mind." The friend showed a couple of my paintings to someone who was a big muckety-muck in the art world who said you need to go back to Welliver and tell him he needs to show his paintings; these are significant and they're good. And then I took the final step — and this is toward the end of my father's life — he was teetering on the edge of *compos mentis*, due to early-onset Alzheimer's and dementia. I worked up the courage to show my father the paintings that I had done. I remember my brother saying to me, "Are you sure you want to do that? That's such a fool's errand; he's not going to sugarcoat it." I said, "I've been working as an actor for a long time, so what's another bit of rejection or discouragement? If everybody's telling you that everything you do is good all the time, and you don't fail, then you're stagnant and/or complacent, and neither place is one I want to inhabit." So I mustered the courage and threw a bunch of paintings into my car and drive up to Maine. I showed them to my father, and he said nothing, and I sort of steeled myself. He looked at me, and he said, "These are beautiful." For my father to say anything was a trick, and he certainly did not shuffle out compliments. He said, "It's incumbent upon you to continue to paint and I hope you will do

so." And he said, "But I will add, there is a torch that you are being passed; be careful which end of it you grab." There was a long pause after that, and his eyes were full, and I was moved, and it was the last sort of lucid and conscious communication I had with my father before he slipped away into wherever one goes given that impairment of dementia. He said, "I'm jealous." And I laughed, and I said, "Not of the work." He said, "Don't be so sure. I can't do it anymore, because my hands are so tremulous I can no longer paint. But my heart is full because I can watch you." And that was it.

I can hear in your voice that that moment holds a great deal of meaning.

As an actor, you see moments like that often in films, and you go, "That's such bullshit. Life is never like that." And the truth of the matter is that it can be.

What can you tell me about the new season of *Bosch*?

We chose to use the book *Angels Flight*, and that involves the murder of a civil rights attorney, who's sort of like Johnnie Cochran, who is murdered on Angels Flight [railway] on the eve that he is to settle with the city of Los Angeles. He's representing a man that has been tortured in police custody. He does a complete about-face and declines to accept a settlement, and says he wants to go to trial. He's shot to death, and the issue becomes that he is a guy who many people have motive to kill. It becomes a race thing — here is a white detective investigating the murder of a black


civil rights attorney. There's a lot of unrest in the city that could boil over into a scenario that could light the fire of a riot like we had with Rodney King. There's a lot at stake and also a push for him to solve this case quickly. It builds in the way the other seasons have, to quite an enormous payoff for the audience. It's a very strong season, and I think our best yet.

How do you approach playing the character?

You have such strong source material with Michael Connelly's books and such an iconic character in that way. No matter which alley we send Harry down, even for all his sticking his elbows out, we like Harry because he's a good guy who's dogged in his pursuit. He's the kind of person that, if one was a victim of a crime, that they would want a grinder like Harry Bosch to work the case because he won't quit. That makes him really interesting to play.

Any movie roles coming up?

I'm actually looking at some scripts right now. Last season I had to have abdominal surgery to remove scar tissue which kind of yanked me out of my usual running around and doing some films. I did a really fun sequel to an action film, *Escape Plan 2* [coming out this year], with Sylvester Stallone and Dave Bautista, which I think is going to be a fun romp. It's very different from what I would normally do. I'm in the process of writing a screenplay with my oldest son Eamonn, and we hope to be shooting that in the next year, partially in Maine and Connecticut. I'll look forward to hopefully reporting to you that that's happening. ■



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For Love of the Glove

MERIDEN'S DAVE KATZ IS THE BEST IN THE BUSINESS AT BREAKING IN BASEBALL GLOVES. JUST DON'T ASK HIM FOR HIS SECRET.

BY MICHAEL LEE-MURPHY

As the oldest of the four major American sports, baseball is embedded with a sort of secret knowledge. This is information which doesn't appear on scorecards or in advanced sabermetrics. The game is a patina of experience, defined as much by sweat and dirt and grime as stats and data, traveling through muscle tissue and oral history. There is *something* about baseball that is inaccessible or even hidden to the bytes that transmit most knowledge today. In his soaring fictional riff on the 1951 National League pennant game between the New York Giants and the Brooklyn Dodgers, Don DeLillo calls that *something* about baseball "the deep eros of memory."

A leather baseball glove is the best embodiment of the sentiment, needing to be softened and *worked* before it can be reasonably used in a game. Having a usable glove is a labor of time.

Dave Katz has been selling and professionally breaking in baseball gloves out of his Meriden business for some 40 years. And baseball gloves are the only thing he does. In prior years, Katz sold sneakers and other sporting goods, but found it too difficult to keep up with sneaker styles. He decided to stick to gloves. During the course of an interview in his minimalist shop on River Road in south Meriden, the phone rings constantly. A man from Nevada is sending a glove to be broken in, and a man from Idaho wants to buy a new broken-in glove for his pre-teen son. Katz is trying to convince the man that he doesn't need a professional-quality \$300 glove for a child. "I'll sell you anything you want, but you're going to get ahead of your kid."

Earlier, a father had appeared in the store asking to have his son's glove tightened. This is one of the many things Katz doesn't believe in. The constant tightening of gloves, Katz tells the father, is a style sweeping across high school ballplayers "like a plague." Katz doesn't believe in cellphones, in incessant emails when a five-minute phone call would do, or in any of the myriad products out there advertised to



Dave Katz has been breaking in baseball gloves for four decades. PHOTO: MICHAEL LEE-MURPHY

break in gloves.

Katz says that it takes time to break in a glove, and that there are no real shortcuts. He has his own secretive process, which he says takes about a week to complete, after which the leather is soft and pliable, more or less ready for the field. As a demonstration, Katz takes a glove behind a closed door and works with it for only a few minutes. The straining ear of a reporter can only make out a faint whirring of an unidentifiable machine. And indeed, when he returns with the glove, it feels noticeably more malleable. Placebo effect, perhaps, but no placebo effect is strong enough to sustain a one-man business for 40 years, without advertising and with customers across America.

Another plague in Katz's mind? Gloves made by Wilson, Nike and Mizuno. Katz is a purist: he only sells Rawlings gloves, and only gloves he's broken in. The gloves range in price from about \$70, including Katz's break-in service, all the way up to about \$400 for a professional-quality glove. There is a newspaper clipping taped to the wall showing that most pros use Rawlings brand. The logic is simple: trends often mislead.

Katz is not a man attuned to trends in general. The walls of his store are covered in newspaper clippings about how cellphones are distracting the youth, as well as index cards upon which he outlines his philosophy. "I will not compete with your cell phone! Please be courteous!" reads one. "Closet racists: Enjoy your

moment in the sun. America is getting 'brownier' by the minute. And you can't stop it," reads another.

So how does a man who only believes in one brand of glove, doesn't use a cellphone and disdains email stay in business for decades? Katz knows what he's talking about. He comes off as less of a salesman and more of a Shaolin monk, trading in hard-won ungoogleable methods. And there's pedigree behind his story. Jorge Posada's agent has bought gloves from Katz. In the summer of 1985, the New York Yankees were hiding a 16-year-old Puerto Rican phenom named Bernie Williams at a baseball camp in Cheshire, and Katz was something of a player-coach in the Greater Hartford Twilight Baseball League. (He played center field for Quinnipiac in college.) The first baseman on his team was a counselor at the camp at Cheshire Academy, where the young Williams was staying. When the twilight league team had an open roster spot, Katz would drive the future Yankees legend back and forth to play games in Hartford.

Katz is pretty tight lipped about how he developed his proprietary method for breaking in gloves. "I kinda just dumbled into it," he says. When we spoke in February, it was just a week after we heard that phrase that gets the blood of every baseball fan moving: "pitchers and catchers." Katz eyes brighten when I mention it. "I'm so excited," he says.

katzgloves.com



'Quiet Storm' to Fight in Vegas on April 20

Remember Jimmy "Quiet Storm" Williams, who graced our November cover? The West Haven boxer and truancy officer in West Haven schools was the subject of a large profile in our November issue, and is now poised to make a major leap in his career with his first fight in Las Vegas on April 20. The welterweight, whose record now stands at 14-0-1, will fight on the undercard of a vacant WBA-NABA USA bantamweight title tilt between Max Ornelas and Juan Antonio Lopez. As of this writing, Williams' opponent had not yet been announced.

The fight, which is being put on by Roy Jones Jr.'s boxing promotions, will be televised live on BeIN Sports, with the broadcast starting at 10 p.m. on the East Coast. Williams will be stepping into the ring as part of a new team with a Las Vegas pedigree.

In January, Williams traveled to Sin City for a training session at Mayweather Boxing Club, the gym owned by Floyd Mayweather Jr. just off the Strip. While there, Williams says that trainer Eddie Mustafa Muhammad saw him working out and thought he had world-class potential. "He saw me in the gym just working out and we just started talking. My intention was not to switch trainers at the time," Williams says, referring to his former partnership with New Haven's Brian Clark, his trainer for the past three years. Williams will now be managed by Las Vegas-based Towan Butler. Muhammad is a former world champion, who at one point sparred with Muhammad Ali and has trained New Haven's Chad Dawson and Badou Jack.

The 31-year-old Williams hasn't fought since September, when he defeated Juan Rodriguez. He injured his right arm but has since recovered. The Las Vegas bout is scheduled for eight rounds. "It's a fight to get back, shake off the rust, and to get a buzz in Vegas. That's the main thing," Williams says. | MICHAEL LEE-MURPHY |

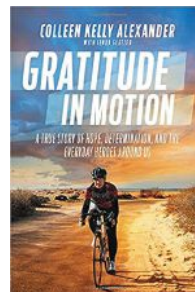
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GRATITUDE IN MOTION: A TRUE STORY OF HOPE, DETERMINATION, AND THE EVERYDAY HEROES AROUND US

by Colleen Kelly Alexander
with Jenna Glatzer
Center Street
288 pages, 2018

Colleen Kelly Alexander's story is equal parts hard to read and impossible to put down. Her life was drastically and forever altered when she was run over by a freight truck while cycling on Boston Post Road in Madison in 2011.

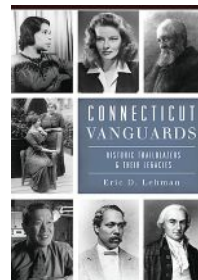
Alexander details the trauma — both physical and emotional — from the horrific accident scene to the poignant ambulance ride (it was one paramedic's first call on her first day of work) to her survival at Yale New Haven Hospital and the beginning of her recovery at Gaylord Hospital in Wallingford. Alexander is the hero of the story, but she credits the hundreds of everyday heroes that all played some part in her journey — two little girls she met at the YMCA who told her they prayed for her every night after they heard about the accident, and that same paramedic, who would succumb to Lou Gehrig's disease at age 32. It's both gut-wrenching and beautiful. The love story of Colleen and her husband Sean is truly unique. This book will make you want to hug someone you love, and do something selfless for someone you don't know. | MIKE WOLLSCHLAGER |



CONNECTICUT VANGUARDS: HISTORIC TRAILBLAZERS & THEIR LEGACIES

by Eric D. Lehman
The History Press
151 pages, 2018

The most important designer of public parks in North American history? Hartford-born Frederick Law Olmsted. Author of the first American dictionary? West Hartford's Noah Webster. Without a doubt, Connecticut has a big role in the annals of American invention and innovation. Eric Lehman's new book, out last month, gives us the backstories of 24 different visionaries who have their roots in the Nutmeg State, from Jonathan Edwards all the way up to noted sushi chef Bun Lai of New Haven. Some of the stories are very well known, while others are probably news to most of us. How many people know that J.P. Morgan — yes, that one — is buried in Hartford? | MICHAEL LEE-MURPHY |



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'I Refuse to Let It Beat Me'

RAY FIGLEWSKI'S BODY IS UNDER ATTACK BY PARKINSON'S DISEASE. BUT THE FOUNDER AND VOICE OF THE BRANFORD ROAD RACE WON'T QUIT LIVING LIFE ON HIS TERMS.

When I first call Ray Figlewski at his home in Branford, he says, "It's hard for me to run these days; my balance is gone" because of Parkinson's disease. Then he adds, "It's tough. But it can be dealt with."

I recognized his voice right away, although it's become softer in recent years. That's the voice I, and thousands of other runners, hear every Father's Day on the Branford Green: "Thank you for running the Branford Road Race! There's no better place!"

Figlewski, aided by his running companion, Dick Wainman, founded the popular race in 1979. Since then it has steadily grown. About 2,000 people ran the 5-miler last year, while up to 1,000 others participated in the 1-mile fun run or the 2-mile health walk on the scenic shoreline course that starts and ends on the Green.

While I'm interviewing Figlewski at his condominium, which has a majestic view of Long Island Sound, I notice he proudly refers to the event as "my race."

"When I started this, there were two things I wanted it to be: really good for my runners and a great community event. I also wanted it to be a way to raise money." The beneficiaries include Connecticut Advocates for Parkinson's and Camp Rising Sun in Colebrook, a nonprofit camp for children with cancer.

Figlewski and Wainman met around 1977 on a day they were out running in a heavy rain.

"I look across the park and I see another guy running," Wainman recalls over the phone from his home in Nevada. "And I think: 'I've got to meet this guy.' It was Ray. We started training together."

Both of them were in the prime of their running lives. Figlewski says, in those days, "I used to run 84 miles a week. I did a 12-mile run before work." He ran the New York Marathon in 1976 and more than 10 years later the Newport Marathon, doing his personal best of 2 hours, 58 minutes. That's a pace of 6 minutes, 45 seconds per mile.

But in 1998 or 1999, he began to notice something wasn't quite right with his body. Figlewski had always enjoyed dancing with



Ray Figlewski of Branford, who has Parkinson's disease, demonstrates a technique that he used to use to help him stop shaking. PETER HVIZDAK

his wife, Anne, at weddings. But during a dance event in the late 1990s he said to her: "Annie, something's wrong. I can't dance the way I used to."

Later he began to notice one of his fingers was trembling.

Finally, in 2006, he was diagnosed with Parkinson's, a neurodegenerative disorder that affects neurons in the brain. Approximately 1 million Americans have Parkinson's. There is no cure.

For Figlewski, who played football and rugby at Boston College before becoming a competitive runner, the diagnosis has required a major lifestyle adjustment. But he says, "I absolutely refuse to let it beat me."

He admits to moments when he says to himself: "What else? My eyes don't work right." (Often they close when he is talking.) "I can't talk right; I bite my lips and tongue all the time; my stomach doesn't work right; and I'm uncoordinated."

But he notes what he calls "the positive things about P.D. (Parkinson's disease), the goodness and kindness of everyone in deference to my disability. I have not had anyone give me a hard time in line at CVS or Kohl's. Not once has anyone not been patient when my eyes close while talking or when I stutter or have slurred speech."

Figlewski adds, "P.D. has taught me to slow down and see people."

But "slowing down" for him still seems quite active. He is out of bed at 6 a.m., puts in about six hours in the foreign currency

trading he does from home and then, after a nap, does a workout.

"I try to do aerobics for 50-60 minutes at least five days a week. And I do weight-lifting at the gym three times a week for a half-hour. I tell anybody who has Parkinson's: 'If there's one thing that makes you feel better, it's exercise!'"

But sometimes they complain it's too strenuous to put in that 45-60 minutes. "I tell them: 'You've got Parkinson's disease! You've got to fight it!'"

When the weather is good, Figlewski still gets to an outdoor track and runs for 3 miles, two or three times a week. He says running "makes me feel like a normal human being."

Figlewski is 69; his old pal Wainman is 83 and has his own physical issue: rheumatoid arthritis. "I don't run very much anymore," says Wainman, who also ran in several marathons from 1979-81.

Wainman says of Figlewski: "He's one of the most courageous guys I've ever met. There aren't many people who would put in the time and effort to continue this road race when battling what he's battling. I think it's absolutely phenomenal what he's done. I'm so proud of him."

Figlewski says the shaking that afflicted his body got so bad that in 2012 he underwent deep brain stimulation: wires were inserted into his brain and connected to a device implanted underneath his shoulder. This procedure, along with a second one done in 2013, brought an end to the shaking. He calls it "a miracle, a blessing."

Ironically, neither Figlewski nor Wainman has ever run the Branford Road Race. They were always too busy managing it. Wainman says that he plans to return to Branford on Father's Day this year and perhaps walk the course with his old friend.

Meanwhile, you can count on Figlewski being out there as the race emcee. He has taken voice lessons to help keep his voice strong enough for that traditional role.

"I refuse to quit doing it," he says. Then he demonstrates in a remarkably booming voice: "Thank you for running the Branford Road Race!"

For more information about the Branford Road Race, and to register, go to branfordroadrace.net.

Randall Beach is the longtime columnist for the New Haven Register, where his column appears Fridays and Sundays.

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Jose Vega and the Stewart B. McKinney Men's Emergency Shelter, a former firehouse shown at left, offer opportunities to Hartford's homeless men. PHOTO: MICHAEL LEE-MURPHY

Beacon of Hope

McKINNEY SHELTER AND COMMUNITY RENEWAL TEAM PROVIDE HELP WITH FOOD, HOUSING AND EMPLOYMENT IN HARTFORD AND MIDDLESEX COUNTIES

The area along Huyshope Avenue near the Colt Building on the south side of Hartford's downtown has gone through a lot of change in the past decade. Where, 20 years ago, one might have encountered a streetscape of abandoned buildings and neglected housing developments, today there are offices, refurbished former factories, and even the offices of a U.S. senator.

What has been consistent, however, is the presence of the Stewart B. McKinney Men's Emergency Shelter. Housed in a former firehouse, the McKinney shelter is a refuge for some 91 men at any given time, a place to get a shower, two hot meals, and a bed for the night. In Connecticut's — and New England's — poorest city, the need for a place like the McKinney Shelter can be acute, and the role it plays is vital.

The man at the center of the shelter is Jose Vega, who has managed it for some 20 years, after coming to the city from his native Puerto Rico. In a March interview in the shelter, Vega exerts a calming influence over what — in the best of circumstances — can be described as a difficult situation. He has a gentle but firm demeanor, with eyes that stay somehow intently trained on the person he is talking to, but that also scan a room, keeping track of people coming and going.

The shelter opened in 1987, after a man froze to death on the streets of the city. With a large mural painted on what were formerly the firehouse doors, McKinney resembles a beacon of life and hope for people who need it. Vega says that part of the challenge for the shelter is combating some of the misconceptions about homelessness in the wider community. "Yes, we do have people with mental health issues, yes we have people with substance abuse issues, but we also have people who are willing to work. We have people here with master's degrees, with bachelor's degrees. Some years ago I had a lawyer here living in the shelter because he was homeless," Vega says. "If you come here at 6 or 7 o'clock and say, 'I'm looking for people to work,' you would probably have about

15, 20, 30 people that really want to have a job."

The shelter is managed by the Community Renewal Team, a state-designated community action agency which has operated in various forms since its founding in 1963. The CRT provides a battery of services in Hartford and Middlesex counties, including meal delivery, housing access and job training in some 75 towns in both counties, in addition to managing McKinney and a family shelter in East Hartford. According to CRT's Jason Black, who manages communications for the agency, it is the breadth of CRT's services that distinguishes McKinney from similar shelters. "Because CRT has this very integrated network of services around behavioral health that's done around job-placement things that we're able to do, there is a holistic approach to the types of services that the organization can provide to people in need," Black says.

The area along Huyshope Avenue has changed markedly in the 30 years McKinney has been operating, and so have the issues facing Hartford's homeless. The opioid epidemic creates new challenges, and all the staff are now trained in the use of Narcan, the overdose reversal medication. The rate of HIV and AIDS has dropped substantially, Vega says. The issue of good-quality affordable housing in the city remains a significant problem.

Vega says that those trying to work their way out of homelessness and addiction are caught in a double bind, noting that to afford a two-bedroom apartment in the city, a renter has to make roughly \$19 an hour, working full time. "If you have somebody that, for example, says that, 'I want to be clean.' And then the only place that they can afford is right on Park Street, and it's \$500, and it's right there in the heart of the community, where right on the corner they're selling the crack and they're selling the heroin." Vega then gestures toward the new apartments in the former horseshoe factory a few blocks away on Charter Oak Avenue. "They're beautiful lofts, but it's \$1,100, \$1,200, \$1,500 for a matchbox."

Those who want to assist the work of the shelter can donate food and bed clothes to the shelter directly, or can make a contribution to the Community Renewal Team to assist the organization's work across Hartford and Middlesex counties. The best way? Cut a check. "And a big one," Vega says with a laugh.

crtct.org

If you have an organization with an event that you'd like us to consider for the Community page, please send the details to mmurphy@connecticutmag.com.



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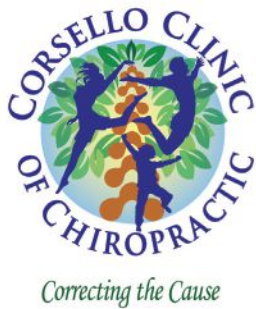
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Isn't It Time For a Different Approach?

One Doctor's Journey A Conversation With Edward C. Corsetto

Natural Awakenings recently discussed with Edward C. Corsetto, DC, B CAO, a Stratford-based chiropractor, what led him to study the Atlas Orthogonal (AO) technique and advanced therapies to reshape the spine and heal spinal decay. Discovery of these techniques changed the course of his own life.



You were a chiropractor for over 12 years when something happened to you that changed you. Tell us your story.

I've suffered with ulcerative colitis since chiropractic school and was in and out of hospitals. I had tried both medical and alternative "cures" for my condition. I spent thousands of dollars "managing" my symptoms with not only medication but also vitamins, nutrition, acupuncture and traditional chiropractic. You name it, I tried it. I was at the point of hopelessness, ready to accept my doctors' explanation that my disease was "autoimmune", my body was "attacking itself", and it was just a case of "bad genes".

How did you find your way out?

A colleague convinced me to try a chiropractic specialist in the Midwest. When I arrived, he put aside my voluminous medical file and asked me about my spine. I responded that I had no spinal pain, because at the time I thought that spinal "health" was all about "pain". "I mean what is the condition of your spine?" he then said. I admitted that I didn't know as I hadn't had an X-ray in years. My last X-ray was when I was in a car accident and had pain. I didn't understand so I asked him what my spine has to do with my colitis. He answered, "Everything."

How does the health of your spine directly correlate to your overall health?

The brain has within it everything the body needs to be healthy; it speaks to the body through the spine. When the spine moves out of position, it causes blockages that prevent the brain from communicating to each cell, organ, tissue and system within the body. Where

the spine is being choked off, that part of the body will break down. In order for your body to express health, your spine must be healthy. By healing the spine, the nerves can flow at 100 percent, and restoration of health takes place.

What did the chiropractic specialist focus on?

He did a series of tests, including advanced bio-structural X-rays of my spine. He showed me that I had moderate to severe spinal decay in my neck and lower back that was blocking the nerves that run to my colon. By correcting my atlas—the first bone in my neck—through a technique called atlas orthogonal (AO) and repairing my neck and lower spine with advanced therapies, I became symptom free.

How has that experience changed your practice?

I was so impressed with the "miracles" I saw in his office that I decided to expand my practice to offer both AO and advanced therapies to heal the spine. Today, I am one of only two spinal correction specialists and only three AO doctors in the state of Connecticut; people from as far away as New York, Rhode Island, and Delaware come to see me.

I use these powerful techniques that changed my life to treat others who are suf-

fering from asthma and allergies, headaches, neck and back pain—often resulting from car accidents or athletic injuries—and sciatica. They also help with autism, scoliosis, multiple sclerosis, Parkinson's, trigeminal neuralgia, fibromyalgia and ADHD as well as with digestive diseases like Crohn's disease and colitis. Doing the AO correction in conjunction with advanced therapies to heal the spine, we are able to provide permanent relief to some of the most severe and chronic conditions.

Please share some of the feedback you have received.

A patient of mine for over two years who suffers from Parkinson's stated that the chiropractic treatments and maintaining a healthy lifestyle have helped her get off 11 medications. Another told me that she was diagnosed with narcolepsy with cataplexy in 2009. She said she has been off medication since two months into treatment with us and has no symptoms of narcolepsy with cataplexy any longer. There are many other stories.

So what do you actually do?

I don't heal anyone of anything. I perform specific, gentle techniques to remove nerve pressure, and the body responds by healing itself. We get tremendous results. It's as simple as that! Many people find they actually save money on their health care expenses by seeing me. An entire week of care in my office costs what you could pay for one visit elsewhere.

What about diet and supplements?

Of course, healthy nutrition is important. However, "life flow"—from the brain to the organs—must work in conjunction with lifestyle. Think of an automobile. If its structure is compromised, you can put the best fuel in it, but it will not run properly. The same is true of the body. Even the best food and vitamins will have only a limited benefit to a body that is breaking down due to a decaying spine.

Edward Corsetto, DC, B CAO, is a board-certified Atlas Orthogonalist with an office in Stratford. Connect at CorsettoClinic.com and 203-381-1800. Mention this article for a complimentary consultation.

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this month

BY MICHAEL LEE-MURPHY

APRIL 2018

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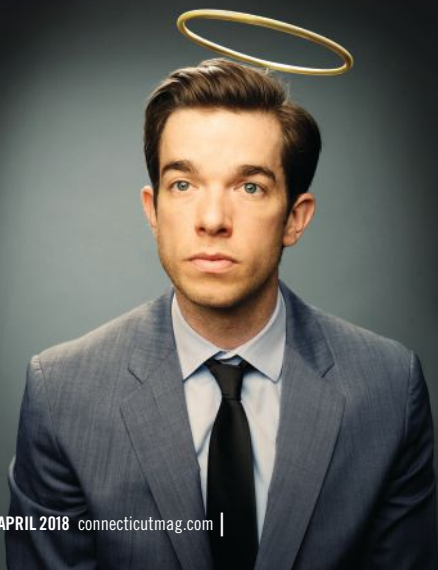
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KID GORGEOUS

One of the hottest acts in comedy right now is **John Mulaney**, who brings his top-selling stand-up routine to Foxwoods on April 6-7. Get your tickets for this one quickly, as Mulaney's "Kid Gorgeous" tour dates have been selling out across the country. Tickets are \$40-\$55. foxwoods.com



▲ OUT OF THIS WORLD

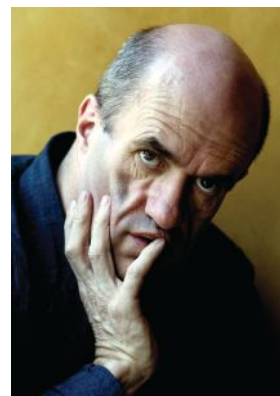
Space is on a lot of people's minds these days, especially with privatized rocket launches garnering significant attention, and perhaps generating a new generation of children dreaming of the stars. On April 7, the **Space Expo** at the New England Air Museum will give attendees the chance to meet a real-life astronaut and learn about life on the space station. Tickets: \$15 adults, \$13 seniors, \$10 ages 4-14. neam.org

BEER FEST

Hockanum Brew Fest is a beer festival. There are a lot of them these days. But this one, on April 21, is organized by the Rockville Community Alliance, with an attitude and spirit firmly grounded in the area. There will be "25 participating breweries, wineries and distilleries; about 10 food trucks, restaurant and snack stands; live entertainment and more," according to the fest. Tickets are \$30 before April 1, \$40 after. hockanumbrewfest.com

AUTHOR CHAT

One of the most acclaimed writers of his generation, **Colm Tóibín**, comes to the Osher Lifelong Learning Institute at



UConn's Waterbury campus on April 5. The Irishman has won the prestigious Booker prize, and most recently has been praised for his novel *Brooklyn*, which was adapted into the Oscar-nominated 2015 film. Register by emailing osher@uconn.edu.

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Ph.D., M.P.H., J.D., Program Director and President,
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There aren't many country musicians like **Steve Earle**: fiercely independent and utterly unwilling to make the kind of artistic sacrifices often needed to "make it." But after 16 studio albums, three Grammys and having his songs recorded by the likes of Johnny Cash, Waylon Jennings, Vince Gill and Patty Loveless, the singer-songwriter *has* made it. On April 10 he stops at New Haven's College Street Music Hall with his band, The Dukes.

This tour is also the 30th anniversary of *Copperhead Road*, and you're playing the album in its entirety. Has your thinking about that album changed in the past 30 years?

I don't think the way I think about it has changed. I think the way people remember it has changed. I thought it was a pretty political record when I wrote it, but it seems like a pretty political record now. Or at least side one, and that was kind of my purpose because we were still sequencing for vinyl in 1988. That was kind of the tail end of [vinyl] but I still thought of it that way. That's what I grew up with. There was nothing really I could do to make a record that year except to put the songs that are on side one on side one, and then side two is the chick songs. And now going back, those are the ones I haven't played. I haven't played a lot of *Copperhead*. It's been interesting. Playing the songs on side two, I figured out why I got married so many times. [laughs]

Tell me about the new record, *So You Wannabe an Outlaw*.

I think I'm just trying to reconnect to the moment I came to Nashville from Texas. It's that moment that everybody talks about that they call "outlaw country," and I think it's misunderstood. I had a journalist in Australia ask me, "So it was really about your behavior, wasn't it?" I said, "No, it wasn't! It was about [Nashville] and it was about Willie Nelson and Waylon Jennings figuring out that country artists didn't have the artistic freedom that rock artists had." It took me 13 years to get a record deal, so my history is sort of disconnected from that, so then I just sorta wanted to set that straight.

Do you think there could be a 1973-era, Steve Earle-type musician coming up in country music?

Well, maybe, but the deal is to get on country radio. The outlaw thing was what it was. The window didn't stay open very long and all of a sudden it was just songs getting on the radio again. Nashville did not like giving artists that much control. So it took me another 13 years to get a deal. My own behavior got me into trouble and derailed things within a few records, but I did know artistically what I wanted to do and who I was. So when I got un-derailed, I came back and made a very conscious decision about what kind of record I wanted to make next. Luckily I have an audience. It's not the biggest audience in the world, but it's a very loyal audience. I'm pretty proud of them, they're pretty smart, and it allows me a lot of artistic freedom.

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Opioids and addiction are in the news now in a big way. You've been open about your own addiction and recovery.

Opioids are in the news now because of the same reason they were in the news in the '60s: 'cause white, middle-class kids and upper-class kids are starting to die. There have always been opioids and people have always taken them 'cause they always make you feel good. Fentanyl is the big killer here. I, personally, from my own experience, can't understand anyone that wants to take it recreationally, because it's too strong. I'm still around folks in programs, that's how I stay clean. You used to see people relapse and go back out. Most of them come back, and nobody comes back and says "it's great out there," but the problem we're having now is a lot of people don't come back because so much of the dope on the

streets is laced with fentanyl. We're paying attention now because some of the people that are dying are people that the media gives a f--k about.

Do you think the conversation about treatment and recovery is going in the right direction?

Treatment and recovery is the only thing we can do. I think a war on opioids is not gonna work any better than a war on cocaine did. We wouldn't be having this conversation if we had the health care system that we should. When I was in jail, I was in a cell with 50 guys, and every single one of us was there either for drugs or crimes we had committed to obtain drugs. Only four people out of 50 even had felonies on their record, and we were locked up. Build more and more jails, lock more and more people up, mostly for drugs and drug-related crimes, and it hasn't helped a bit. Treatment's the only thing that works. No one knows what would happen if we put that kind of money into treatment centers. Maybe if the [private prison industry] thought about building private treatment centers.

Do you think it's easier or harder to make good political art?

Good political art's hard to make. There's always been a small number of people that can do it effectively. Nobody should feel obligated to do it because not everybody can do it well. It becomes didactic, it becomes something that people ridicule if you don't do it well. It's just a hard thing to do to write a song that's about stuff that's important. When I wrote "John Walker's Blues," [about John Walker Lindh, a U.S. citizen who fought for the Taliban in Afghanistan in 2001] I knew I was gonna get shit. Not everybody wants to go through what I went through, but it was important to me. I saw a 20-year-old kid, same age as my son, duct-taped to a board, and it was all about politicians trying to make people feel like they were doing something to make them safer. I wrote that song because I was a father, to tell you the truth. | **MICHAEL LEE-MURPHY** |



PHOTO: CHAD BATKA

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Art of America

MARKING ITS 115TH ANNIVERSARY, THE NEW BRITAIN MUSEUM OF AMERICAN ART OPENS ITS DOORS FOR FREE ON APRIL 7

BY MICHAEL LEE-MURPHY

Last month, the Metropolitan Museum of Art changed its 50-year-old “pay as you wish policy” for non-residents of New York state. Starting March 1, visitors from Connecticut wanting to see one of the world’s great collections of art had to start paying a \$25 admission fee. The change has prompted a great deal of soul searching and re-evaluation about what a museum is, who it is for, and what it does.

On April 7, the New Britain Museum of American Art is throwing itself a birthday party, celebrating its 115th year, with a day of free admission to what is undoubtedly one of the best art collections on display anywhere in Connecticut. Though it might be occasionally overshadowed by Yale’s art museums, or the Wadsworth Atheneum up the road in Hartford, the NBMAA is the oldest museum in America dedicated exclusively to American art, and has an impressive collection spanning several centuries and multiple movements.

The skeleton concept of a New Britain museum for art had been around since the 1853 establishment of the New Britain Institute, the museum bouncing around various sites in the city. According to Min Jung Kim, the museum’s director and CEO, the NBMAA’s origins in the New Britain Institute are fairly unique. “Unlike most museums which really were founded as a result of a private individual or a private collection, this really emerged through a somewhat democratic process, and, as a result, is somewhat progressive for its time,” she says.

In 1903, New Britain industrialist John Butler Talcott made a “transformative” gift of \$20,000 in gold bonds to the museum, allowing it to craft and curate its collection. The gift, substantial for its time, meant that “instead of relying on the occasional generosity of a gift, we could be very strategic about what we purchased,” Kim says.

Across the vast collection there are several standouts. Upon entering the front door of the museum into its foyer, the museum-goer is greeted by a mammoth, 13-foot-tall Sol LeWitt



Above: Frederick E. Church’s *West Rock, New Haven*, 1849, shows pre-industrial Connecticut.



At left: Min Jung Kim is the director and CEO of the New Britain Museum of American Art.

PHOTO: MICHAEL LEE-MURPHY

around the world for his minimalist large-scale murals and sculptures, is the perfect embodiment of the NBMAA’s purpose and mission: fiercely proud of its local roots, but confident of its place in the wider art world.

Highlights (for this writer’s tastes, anyway) include a set of gorgeous examples of the mid-19th century’s Hudson River School and its critique of and commentary on the rapidly industrializing landscape. Particularly interesting is a breathtaking 1849 Frederic Edwin Church painting of New Haven’s West Rock, in all its glory from a pre-industrial New Haven,

mural. In many ways LeWitt, a Hartford native who would come to prominence

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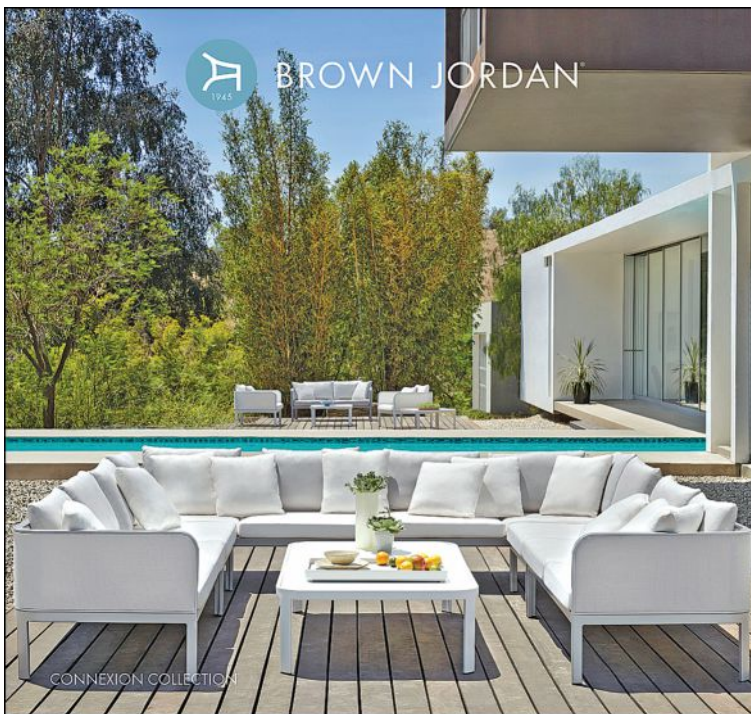


in which a handful of farmers and a solitary church spire are the only signs of human habitation. Elsewhere, museum-goers are treated to more local scenes in Connecticut, viewed through the lens of particular movements in American art. A 1944 Beatrice Lavis Cuming painting, *Welders at Electric Boat Company*, is a view of the heat and work in that famous New London institution.

One of the hidden gems of the museum, something you might miss if you didn't know it was there, is a 1934 Jackson Pollock, one of the earliest Pollocks on display anywhere. The painting was a gift from Pollock's mentor, the American muralist Thomas Hart Benton, in gratitude for the NBMAA purchasing a set of large-scale Benton murals in 1953. The murals are arguably the centerpiece of the museum's collection, displayed prominently in a room of their own. Be sure not to miss the collection of oil paintings that provide the source material for the distinctive pulp fiction and noir novel covers of the '40s, '50s and '60s.

If the Met's new price regime is costing you a trip to the museum in New York City, check out the New Britain Museum of American Art. It's homegrown and world class.

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A Long Day's Story

EUGENE O'NEILL'S FAMOUS PLAY WILL BE STAGED IN THE CONNECTICUT HOUSE THAT INSPIRED IT

BY ERIK OFGANG



Victor Chiburis (Edmund Tyrone), left, and Eric Michaelian (James "Jamie" Tyrone Jr.) PHOTO: A. VINCENT SCARANO

Long Day's Journey Into Night is such a deeply personal play that Eugene O'Neill did not allow it to be released during his lifetime.

It is set in his childhood summer home in New London and scenery instructions call for replicating the house, down to the placement of light switches.

"For every major production of *Long Day's Journey* the designers have come to the house to see how they can capture that feel on stage," says Derron Wood, artistic director of the Flock Theatre, a New London theater company.

Wood and his company have taken capturing that feel to new heights in their upcoming production of *Long Day's Journey Into Night*, which takes place in the actual house on Pequot Avenue, within the very room where the play is set.

Known as the Monte Cristo Cottage and currently a museum run by the Eugene O'Neill Theater, the house will host the play on Saturdays and Sundays from April 7 through May 6. This is a restaging of last year's production at the cottage with the same cast returning, minus one actress who had a conflict.

Flock Theatre is the only company ever to have mounted a full-length version of the play in the house, and it's done so in ultra-intimate style. Only 26 audience members can fit at each performance,



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the lighting is all natural or based on the actual lights in the house, and the actors move across the house on cue playing off its sounds and atmosphere.

Wood says the audience experiences the work from “the vantage point that the playwright has written the play. ... When you’re sitting in the room and the mother is upstairs, there are times when the mother moves from room to room, so the actress upstairs does that, and you can hear the floorboards creaking. ... It just adds a whole new dimension to the play and the text. The house is just as much a character as everyone else in it.”

Because of the intimate setting, the actors are also able to convey emotion with the tiniest of movement. “We really work in the form of almost hypernaturalism, similar to movie acting because the audience is that close,” Wood says. “Somebody can move their eyes in one direction and you can almost hear a gasp from the audience because they know what’s going on.”

The play, which earned O’Neill a posthumous Pulitzer Prize for Drama, tells the story of a dysfunctional family that is not-so-loosely based on O’Neill’s clan. Exploring themes such as addiction and love, it takes place over a single day.

For the true O’Neill fanatic, the company will stage two special performances of the

play in which the production will mimic this full day’s worth of drama. In these productions the timing is scheduled so that the sun will be in the same spot in the sky it would have been in August (the month the play is set) at the time depicted in the play. The first act starts at 9 a.m. and the fourth act around 8 p.m., with many extended breaks in between each act. During breaks attendees are encouraged to explore areas in New London that were important to the O’Neills, including the Thames Club, which O’Neill’s father was a member of and which is referenced in the play. This staging “lets the audience really explore how much time has actually passed in between different acts and that makes you listen to the text in a different way,” Wood says.

The standard performance begins in the light and ends in the dark, with the first half starting at 3 p.m. and the second half around 7:30.

Wood, who first had the idea to stage the play in the house as a student at Connecticut College in the 1980s, says it fits with the Flock Theatre’s habit of performing in spaces that add elements of meaning to a production. Every year the Flock Theatre hosts the Burning of Benedict Arnold Festival in the streets of New London, burning an effigy of the Connecticut native in the city he raided

after switching sides. The company has also staged a production of *Sense and Sensibility* inside the 1700s Shaw Mansion in New London.

But Wood says few places add as much to a text as the Monte Cristo Cottage does to this production.

“You really feel like you’re a fly on the wall watching this dysfunctional family slowly fall apart. It is a sense of voyeurism, and a sense of theater that is so unique, because of the space, the place and the time,” Wood says. When a character “talks about the fog rolling in from across the river, from the vantage point of the [audience] you can see the river, and you can see what she’s talking about. We ask the audience to use their suspension of disbelief when they’re looking out the window. But also there was a show last year when it was almost like the fog was playing right on cue. She was talking about it and here came the fog right up the river. When she said, ‘It’s so thick you can’t see the other side,’ you couldn’t see the other side. It really was amazing.”

For tickets: 860-443-3119,
flocktheatre.org/long-days-journey

Special Long Day productions are \$45, regular tickets are \$35. If the run sells out, additional dates will be added. Check with the Flock Theatre for details.

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Dr. Johnson is a Vascular and Interventional Radiologist. He graduated as Chief Resident in Diagnostic Radiology from Yale New Haven Hospital and completed a fellowship in Vascular and Interventional Radiology at the Harvard affiliated Beth Israel Deaconess Medical Center. He trained at the Massachusetts Vein Care Center where he became adept at treating various manifestations of chronic venous insufficiency from spider and varicose veins to venous ulcers. He is also a highly skilled aesthetics injector.



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New subscribers can have the next shot at tickets in May. Single tickets to the general public are expected to go on sale in late summer.

The producers mandate half of the available tickets — about 32,000 for the three-week run — be available to non-subscribers. Prices for single tickets have not yet been determined.

There will also be a lottery of about 40 tickets per show which will be conducted online through the official *Hamilton* app. Winners will be notified 24 hours in advance of the show. Tip: There will also be online lotteries for the Boston and Providence runs — as well as in New York — so Connecticut fans with the ability to travel with a day's notice can enter those lotteries, too, to increase their odds.

bushnell.org

A MAN AMERICA LIKED

Before **David M. Lutken** took on the role of Woody Guthrie in the touring production of *Woody Sez* (which played Hartford's TheaterWorks and Westport Playhouse), he first played another American icon — Will Rogers — in the '90s on Broadway and on tour.

He'll be working the lasso and cracking wise as the legendary comedian-folk philosopher again when *The Will Rogers Follies* plays East Haddam's Goodspeed Opera House April 13 to June 21.

Lutken is cornering the market on legendary American figures, having played Abraham Lincoln, too. While he hasn't taken on the role of Mark Twain, he was in

Goodspeed's production of *Big River* a while back, based on *The Adventures of Huckleberry Finn*.

Is this a good time to bring back Will Rogers, who gently poked fun at politicians with his common-sense brand of humor?

"I don't think there's ever a bad time," Lutken says, adding that the beginning of the show will have him as Rogers commenting on today's news headlines.

Lutken was discreet, however, when talking about another American figure.

"I met our current resident [of the White House] several times because his second wife, Marla Maples, [was in the

replacement cast of *Follies*] and,

because I was the understudy, I was the one who rehearsed with her. We became

good friends and she was very sweet and Mr. Trump was along for the ride. It gives me an interesting perspective now."

Has he changed much? "Well, gee, we'd have to have another phone call about all that I remembered — and all that I've forgotten."

goodspeed.org

David Lutken, seen here performing as Woody Guthrie, will play another American icon, Will Rogers, at the Goodspeed Opera House.

PHOTO: LANNY NAGLER



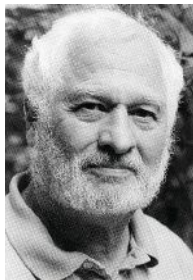
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A MAN WITH DESIGNS

David Hays knows design. Actually he knows quite a lot of things after sailing around the world and creating the National Theatre of the Deaf. But his career as a set designer started impressively, having created the look for the original production of *Long Day's Journey into Night* in 1956. Now, at 88, the Chester resident has a book out on the subject of set design. Also featuring stories from his long career, the book is called *Setting the Stage* (Wesleyan University Press).



"We are the storytellers,"

Hays says, "and I'm proud to have been part of the storytelling on the visual end."

Hays says he feared that he might be typecast as "the gloomy designer" after *Long Day's Journey* became a hit, but fortunately others recognized that he was a versatile talent. He worked with the likes of directors Elia Kazan and Tyrone Guthrie and composer Richard Rodgers, as well as choreographers George Balanchine and Martha Graham.

He liked his designs for *The Tenth Man*, O'Neill's *Hughie* and *Long Day's Journey*, but Balanchine's dance piece *Bugaku* for the New York City Ballet was one of his favorites.

Hays says of his career, "I've had a hell of a good time."

NOT SO INNOCENT

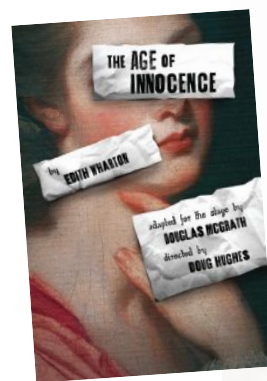
Don't look for fully furnished opulence in the Hartford Stage production of *The Age of Innocence*. Unlike the 1993 Martin Scorsese film starring Daniel Day-Lewis based on the Edith Wharton novel, this new stage version is not about the grandeur of the Gilded Age but rather love — and the moral questions it raises.


"We wanted to avoid the overly upholstered rooms that a film would naturally have to have," says Douglas McGrath, who did the stage adaptation that Doug Hughes is directing. "We didn't want to wait for ottomans to roll on and off and chandeliers to come down and up. We wanted to focus on the love triangle." That, of course, is the one between Wharton's complex characters of Newland Archer, the lawyer and scion of one of New York City's finest families, his beautiful fiancée, May Welland, and Countess Ellen Olenska, May's cousin, with whom Archer falls in love.

"It's about the essential question for any age which is: Whom is it right for us to love?" McGrath says. "That's the question that's at the heart of the book. When is it ever right to hurt someone when you fall in love with someone else? Is love the highest of all emotions? Does loving someone excuse any harm you might cause other people by loving that person? It's all very moral in its way without being moralistic."

The co-production runs April 5 to May 6 then moves to the McCarter Theatre in Princeton, New Jersey.

hartfordstage.org






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Expect the character of Countess Ellen Olenska to wear something like this in Hartford Stage's *The Age of Innocence*. RENDERING COURTESY OF COSTUME DESIGNER LINDA CHO

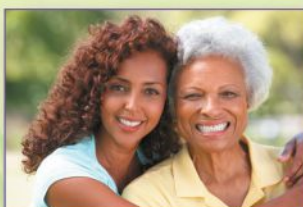


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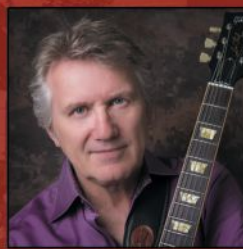
6/30 Ann Hampton Callaway: Jazz Goes to the Movies



5/3 Roger McGuinn



6/15 Gilbert Gottfried



5/31 Rik Emmett of Triumph



5/5 Kat Edmonson



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HAVE YOU HEARD...?

... Alec Baldwin and Kelli O'Hara will perform A. R. Gurney's *Love Letters* in a one-night fundraiser for the Westport Country Playhouse April 12 at 7 p.m. Tickets are \$250. westportplayhouse.org

... Tony Award-winning director **Darko Tresnjak** will leave Hartford Stage as artistic director at the end of the 2018-19 season after eight years. After he stages the last play of the season at Hartford Stage (*A Lesson from Aloes*) in May, he will direct the world premiere of a new musical, *This Ain't No Disco*, at off-Broadway's Atlanta Theatre with performances starting June 24. Then he will make his directing debut at the Metropolitan Opera in New York with the season opener, *Samson et Delila*, starting Sept 24.

... this year's annual *Arts Day at the Capitol* will be held a bit later than usual, just as lawmakers make their final push for the budget. Join the crowd to workshop, strategize and make your voice heard on April 25.

Frank Rizzo has covered the arts-entertainment scene in Connecticut since disco reigned in the '70s, including nearly 34 years writing for the Hartford Courant. Email him at FrRiz@aol.com. Follow him on Twitter @ShowRiz.

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Funding the Future

INVESTMENT PORTFOLIOS THAT COULD MAKE THE DIFFERENCE BETWEEN WEALTHY OR WEEPING

Don't lose faith, America. The millennials are coming.

The "Netflix and chill" generation as future leaders of the free world? Can't wait.

But take a look. Shaped by the Great Recession and burdened with a record \$1.3 trillion student debt and lower earnings than previous generations, they're living longer with their parents or renting instead of owning as they delay marriage. They're also building their savings. That's smart.

A Bank of America report earlier this year found close to half of Americans between ages 23 and 37 now have at least \$15,000 in savings. One in six has saved more than \$100,000.

Yet they still worry about money — 73 percent, according to that same report — and, after watching what happened to their parents in the financial crisis a decade ago, hesitate to invest their savings in the stock market.

To borrow a time-tested exhortation from baby boomers: Get over it!

"When it comes to investing," says

Derek Sabine of Newpointe Wealth in Stamford, who is both a financial adviser and a millennial, circa 1982, "the sooner you start, the better off you are likely to be."

First, if your employer offers a 401(k) match, whether it's 3 percent or 6 percent of your salary, take it. In relatable terms, it's a buy-one, get-one deal: For every dollar you commit to your 401(k), your employer will match it to a specific percentage of your salary.

Put the rest of your investible money in a Roth IRA, after-tax contributions up to \$5,500 each year — \$6,500 for people over 50 — that offer tax-free earnings and withdrawals as you age. (A traditional IRA's contributions are tax-deductible but withdrawals in retirement are taxed as ordinary income.)

Here are four sample Roth IRA portfolios — at least three recommended by the CONNsumer — for the starter investor, young or old. The listings include the ticker symbol and associated fees, where applicable.

Why the fees? Choosing a lower-cost,

exchange-traded fund over a conventional mutual fund can make a huge difference.

Let's say a 25-year-old puts \$5,500 each year into a fund that charges 1.2 percent in fees — \$120 per \$10,000 — and adds \$5,500 to the Roth IRA annually until retirement at age 65. Assuming a 7 percent annual return, the historical average, that person would have \$247,000 less at retirement than the person who invested the same amount in a fund that charged only 0.12 percent.

ONE AND DONE

Vanguard LifeStrategy Growth (VASGX, 0.15 percent)

Long-term growth, with 80 percent stocks and 20 percent bonds, in an exchange-traded fund that combines four Vanguard index funds: Total Stock Market, Total International Stock, Total Bond Market II and Total International Bond. This moderately aggressive fund, with returns averaging close to 9 percent the past 15 years, should be attractive to even

CONTINUED ON PAGE 53

THE SMARTER CHOICE FOR

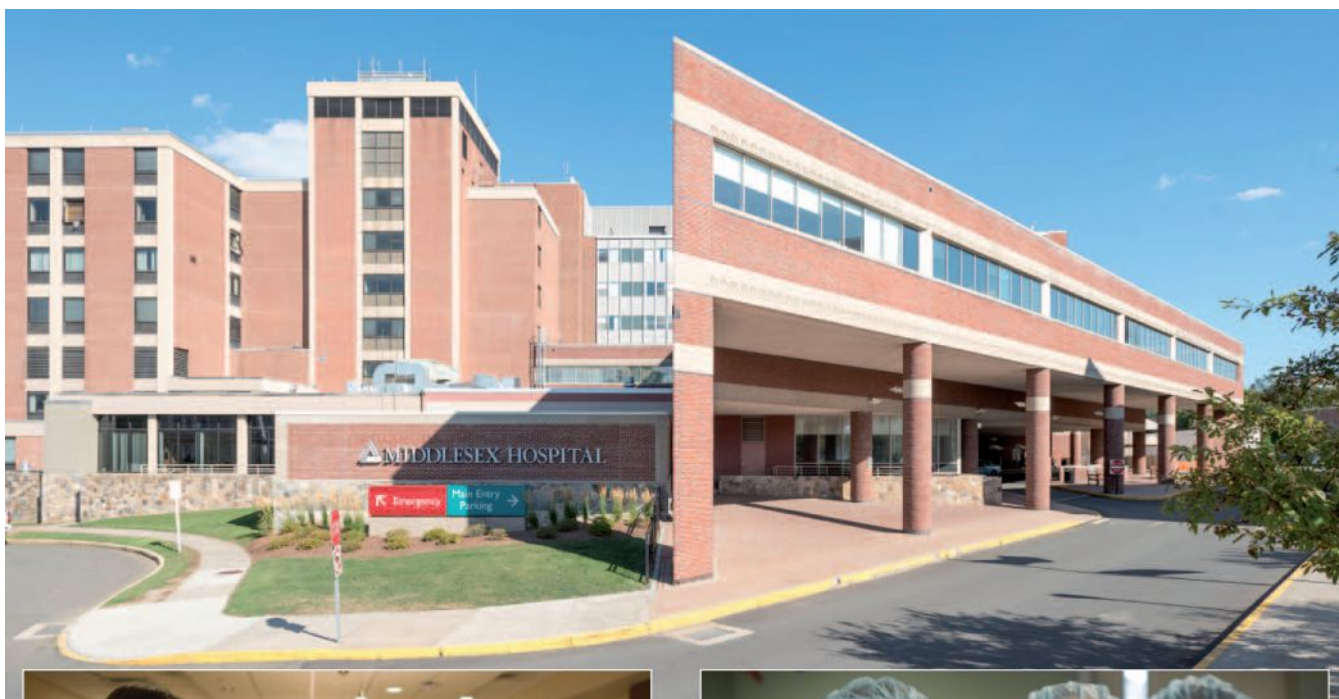
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Middlesex Health includes Middlesex Hospital, a not-for-profit, 296-bed magnet-designated hospital, and the Middlesex Hospital Cancer Center with locations in Middletown and Westbrook. It also features three emergency departments, three urgent care centers, a network of primary care locations and an assisted living facility, along with many other programs and services. Middlesex Health's exceptional primary care physicians, surgeons, specialists, nurses and other employees work hard to meet the needs of Middlesex County and Connecticut's shoreline communities.

Using the most innovative technology, Middlesex Health System is the clear, first choice for medical care, and it does whatever possible to help its patients. Its staff members are compassionate and caring, facilities are state of the art and the Health System's commitment to its patients is unwavering.

Joining forces with Mayo Clinic only strengthens the impact in Connecticut.

As a member of the Mayo Clinic Care Network, Middlesex Health continues to put its patients first. Through this collaborative relationship, Middlesex doctors can combine their understanding of their patients' unique medical needs with Mayo Clinic expertise so that patients get exactly the care they need, close to home.

Middlesex Health is proud to be part of the community by investing in public education programs and support groups. Middlesex staff members also volunteer their time, and you will regularly see Middlesex physicians and staff at local health and career fairs, serving as guest speakers and sharing health tips and other advice.

To learn more about Middlesex Hospital and all that is has to offer, visit www.middlesexhospital.org or call 860-358-6000.

The Smarter Choice for Care
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the cautious young investor.

As you age or become more risk-averse, move money into other LifeStrategy funds, Moderate Growth (VSMGX) or Conservative Growth (VSCGX), that increase the percentage of bonds in the portfolio.

"A rule of thumb for the moderate investor," Sabine says, "is 60 percent stocks and 40 percent bonds. An aggressive investor would be more like 85 percent stocks and 15 percent bonds."

BE LIKE BUFFETT (ALMOST)

1. Domestic: iShares Edge MSCI Min Vol USA ETF (USMV, 0.15), 60 percent of the portfolio

2. Foreign: Vanguard Total International Stock Index Fund (VGTSX, 0.17), 30 percent

3. Bonds: iShares TIPS Bond ETF (TIP, 0.20), 10 percent

Investment guru Warren Buffett advocates a simple portfolio with 90 percent in a fund that tracks the S&P 500 and 10 percent in treasuries, or government securities. That's a guaranteed long-term winner, but it's an all-American portfolio. Here, iShares Edge tracks low-volatility, lower-risk U.S. equities, Vanguard adds both developed and emerging international markets and iShares TIPS tracks Treasury Inflation-Protected

Securities. (TIPS offer protection against inflation: when the inflation rate increases, so does your principal.)

"Remember," Sabine says, "it's important to outpace inflation even as you age."

THE SAVVY INVESTOR

1. Domestic: Schwab Total Stock Market Index (SWTSX, 0.09), 40 percent

2. Foreign: Vanguard Total International Stock Index Fund (VGTSX, 0.17), 15 percent

3. Emerging markets: iShares MSCI Emerging Markets ETF (EEM, 0.72), 10 percent

4. Vanguard Short-Term Inflation-Protected Securities ETF (VTIP, .06), 15 percent

5. Vanguard Real Estate Index Fund ETF Shares (VNQ, 0.12), 20 percent

The most sophisticated portfolio in this roundup, adding to our Buffett-like portfolio real estate and a sharper focus on emerging foreign markets. (The real estate fund tracks a real-estate investment trust, or REIT, index of companies that own or operate income-producing properties.)

DUDE!

1. Craft Brew Alliance (BREW)
2. Bitcoin Investment Trust (GBTC, 2.0)
3. SPDR S&P 500 Fossil Free Fuel (SPYX, 0.25)

4. The Scotts Miracle-Gro (SMG)
Go with what you know, right? OK,

here's the portfolio with some kick. Start with the Craft Brew Alliance, a company that owns Widmer Brothers Kona, Omission and Resignation craft breweries. Grayscale Bitcoin Investment Trust adds exposure to the cryptocurrency (note the high fees) without the buy-sell-store hassle. Fossil Free Fuel, which eliminates companies that own fossil fuel reserves, is a socially conscious investment statement for believers in climate change.

Marijuana is perhaps the most notable growth industry of this generation, with legal sales expected to reach \$22 billion in 2021 — up from \$6.9 billion in 2016. But what would mom think about an investment in a marijuana-growing company?

Mom probably doesn't know that hydroponic gardening is a great way to grow medical marijuana. A Miracle-Gro subsidiary, Hawthorne Gardening, makes products for grow-without-soil applications. Sweet!

This portfolio sounds like a lot of fun, but it's NOT for The CONNsumer — Bitcoin is too volatile and the craft-brewing trend, lamentably, won't last.

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It rained, it snowed and, boy, did the wind blow, but we made it: another Connecticut winter is in the books and it's at long last time to celebrate spring, glorious spring, here in Mystic Country.

Why, yes, those are daffodils you see ready to burst into bloom. And, of course, our vineyards are open and ready for you to tour. Our museums? Ripe with new exhibits. Our casinos? Busting out dozens of shows. Restaurants? Can you say "springtime specialties"? And how nice of our inns and resorts to offer so many tempting packages! Welcome sun; welcome spring; welcome to Mystic Country!

mystic country



Spring Into Action

By Michelle Bodak Acri

Jonathan Edwards Winery

Vineyard vines

Like surprises? The centerpiece of Stonington's **Saltwater Farm Vineyard** (860-415-9072, saltwaterfarmvineyard.com), set on 108 acres bordered by the fresh green of tidal marshes and the true blue of Wequetequock Cove and Long Island Sound, is in fact a World War II-era airplane hangar with a milled aluminum exterior, vaulted ceiling and massive timber trusses. Its tasting room, located on the mezzanine level of the retro-chic hangar overlooking 15 acres of vines and the original grass landing strip, will reopen in early April from Wednesdays through Sundays; reservations are required for Saturday visits.

The Napa-inspired tasting room at North Stonington's **Jonathan Edwards Winery** (860-535-0202, jedwardswinery.com), headquartered in what was once a classic New England dairy barn, is open seven days a week for visitors to sample from among Jonathan Edwards' full complement of premium Napa Valley and Connecticut estate wines (yep, there's a bi-coastal connection going on here). Daily tours of the winery's 48 hilltop acres begin at noon,

and, weather permitting, include walks in the vineyard along with a visit to the tank and barrel rooms. Mark your calendars: this year's Spring Festival will take place June 2-3 with headliners Tangled Vine and Hot Mess.

Not only does the venerable **Stonington Vineyards** (860-535-1222, stoningtonvineyards.com), established in 1987, offer tours and daily tastings (look for beloved Seaport White, Triad Rosé or perhaps Sheer Chardonnay), it also has lots going on. Up for consideration this month: "Yoga in the Tasting Room" on Monday nights with winemaker Mike McAndrew, "Treat Yourself Night" on April 20, which will include live music, gourmet-food vendors, massage therapists and a mobile boutique, and the smooth sounds of musician Dave Schena on April 28.

And then there's **Chamard Vineyards** (860-664-0299, chamard.com) in Clinton, which, aside from 20 acres of established vines known to yield superior cabernet franc, cabernet sauvignon, chardonnay, merlot and pinot noir fruit, a handsome tasting room with live music every Friday and Saturday and fun paint-and-sip classes

in its wine cellar (scheduled for April 10 and 24), also boasts a French-inspired bistro that thrives on a farm-to-table mentality with its seasonal menu. Consider perhaps a Croque madame, Parisian gnocchi or Chatham cod *en papillote*.

Spring has sprung, the grass is riz ...

... time to slough off all that dry winter skin. The "Renewal Body Wrap," available through May 31 at the **Spa at Norwich Inn** (860-425-3500, thespaatnorwichinn.com) begins with a locally made coffee-bean scrub, continues with a head-to-toe application of hydrating coffee lotion and ends with a scalp-and-facial massage.

The Norwich Spa at Foxwoods (860-312-4901, foxwoods.com/spa) offers an "Emerge Massage" that includes a dry-brush exfoliation, uplifting massage using a citrus-energy aromatherapy blend and a refreshing cold-stone face massage. **G Spa & Salon** (860-312-4772, gspa.com) at Foxwoods has a "Purifying Sedona Mud Pedicure" to increase circulation, replenish moisture and protect the skin against visible signs of environmental stress.

A transformation may be underway at the spas at **Mohegan Sun** (860-862-4500, mohegansun.com), but both **Elemis** and **Mandara Spa** remain open for business with an interim menu. At Elemis, consider an "Exotic Lime and Ginger Salt Glow," bound to lift the senses and enrich winter-weary skin with Japanese camellia oil, or a "Mandara Signature Facial," which delivers a breath of fresh air via deep cleansing and exfoliation, lifting and firming using microcurrent technology and a finishing spray of pure oxygen infused with vitamins.

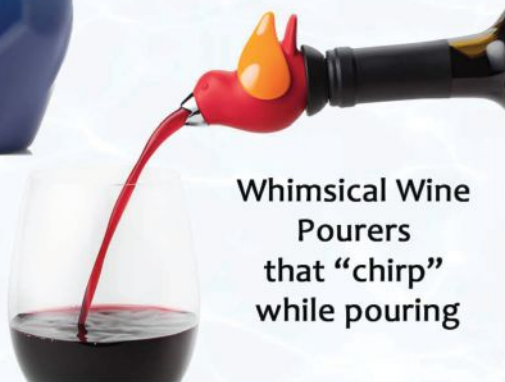
All the world's a stage

Hot tickets at **Foxwoods Resort Casino** (800-FOX-WOODS, foxwoods.com) this month include stand-up comedian John Mulaney: Kid Gorgeous on April 6-7, George Lopez: The Wall Tour on April 20 and Get The Led Out ("Led Zeppelin" like you've never heard before) on April 28. **Mohegan Sun** (888-226-7711 or mohegansun.com) has Daughtry on April 6, Lorde on April 7, Brett Eldredge on April 28 and, peeking ahead to May, Bon Jovi (squeal!) on

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Fri., April 13, 2018 | 8:00 pm

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With Opener: Lily & Madeleine



YOUR REGIONAL

Sat., April 14, 2018 | 8:00 pm

DAVID SEDARIS

Bestselling author and humorist, David Sedaris, brings his satirical wit to the Garde stage, with a book signing for the entire audience.

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Thur., May 3, 2018 | 7:30 pm

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Fri. Aug. 10, 2018 | 8:00 pm

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The Side Door Jazz Club at the Old Lyme Inn

May 5. For cool-cat jazz, check out the **Side Door Jazz Club** at the **Old Lyme Inn** (860-434-2600, oldlymeinn.com) for the Joey DeFrancesco Trio on April 6-7 or the Emmet Cohen Trio featuring Tootie Heath on April 13-14, or try and score seats at **The Katharine Hepburn Cultural Arts Center** in Old Saybrook (860-510-0473, thekate.org) for folk legend Peter Yarrow on April 13 or the Connecticut Transit Authority re-creating the music of Chicago on April 28. Finally, New London's **Garde Arts Center** (860-444-7373, gardearts.org), keeps it eclectic with Rodriguez, the self-taught American musician-turned-South African folk-rock superstar, on April 13, the humor of David Sedaris on April 14, the Eastern Connecticut Symphony Orchestra and Chorus' presentation of *Candide* on April 28 and the national Broadway tour of *The Wizard of Oz* on May 3 — ruby slippers optional.

Museum hop

The **Mystic Museum of Art** (860-536-7601, mysticarts.org), founded in 1913, is all about fostering "creativity, culture and community." Its annual youth exhibition *Young at Art*, on display through April 14, accomplishes just that by showcasing original artwork in a variety of media from hundreds of students ages 18 and younger. *Lisa Lyman Adams: kidArt*, a solo show of the inherently whimsical fine art and

illustration work of Lisa Lyman Adams, known for combining super realism, collage, *trompe l'oeil* and handwriting, is also on display through April 14 and is a pleasing complement.

Old Lyme's **Florence Griswold Museum** (860-434-5542, florencegriswoldmuseum.org) invites you to celebrate the beginning of spring with its season-opening weekend April 7-8, when visitors of all ages can use the museum's supplies to create their own masterpieces, make use of an outdoor art cart that guides families to explore the grounds and its connection to the artists who painted there, and explore the Chadwick Studio and the Rafal Landscape Center, which will both be open for the season once again. Better still: Special appearances by princesses Moana and Ariel will take place April 7.

Avast, me hearties: Pirate Days at **Mystic Seaport: Museum of America and the Sea** (860-572-0711, mysticseaport.org) on April 17-18 will include hidden treasure, the chance to see how pirates of old navigated the open seas at a High Seas Planetarium Show, photo ops with high-spirited pirates and a rousing performance of "Arrr You Ready To Be a Pirate?"

The Coral Reef Project at New London's **Lyman Allyn Art Museum** (860-443-2545, lymanallyn.org) through April 15 is a captivating mixed-media exhibit with

50 individual coral sculptures arranged to demonstrate a living coral reef and plaster relief sculptures to represent bleached coral and show the fragility of coral and its ecosystem.

The **Mashantucket Pequot Museum & Research Center** (800-411-9671, pequotmuseum.org) reopened for 2018 on March 28 and is poised for a yearlong 20th-anniversary celebration. The massive 308,000-square-foot complex and its immersive exhibits transport visitors, among other locations, deep into a glacial crevasse, smack into the middle of a thriving 16th-century Pequot village and 185 feet straight up in a stone-and-glass tower that provides impressive views of the region's spring awakening.

Pillow talk

Of course you need somewhere fabulous to lay your head, and if you can get a package deal, all the better: the Lake of Isles Golf & Spa Package at **The Spa at Norwich Inn** (800-275-4772, thespaatnorwichinn.com) includes, in its overnight, 18 holes on the **Lake of Isles** (888-475-3746, lakeofisles.com) North Course in North Stonington, unlimited use of the practice facility, cart, LOI swag such as a golf towel and metal bag tag, a \$50 spa credit (per person), full use of the spa facility and a \$50 food and beverage per-person credit for the inn; prices start at \$330 per person for



Mashantucket Pequot Museum

double occupancy. A Lake of Isles Golf Package is also available at **Foxwoods Resort Casino's** (800-FOX-WOODS, foxwoods.com) Fox Tower.

A Bed & Breakfast Package available through April at the **Saybrook Point Inn & Spa** (860-395-3245, saybrook.com) includes a one-night stay at the handsome inn located where the Connecticut River meets Long Island Sound in Old Saybrook, two drink vouchers for the lounge at Fresh Salt and breakfast for two at Fresh Salt starting at \$253.

"Italy Meets Broadway" at **Water's Edge Resort & Spa** (860-399-5901, watersedgeresortandspa.com) in Westbrook on April 27. An overnight package includes the live show featuring Franco Corso, cocktail hour, a themed dinner and an overnight for two starting at \$179.

Built in 1856 as the center of a 300-acre working farm that many of the Old Lyme's Impressionist artists later used to paint *en plein air*, the **Old Lyme Inn** (860-434-2600, oldlymeinn.com) has 13 rooms that have been fully restored so that new (flat-screen televisions, gas fireplaces and organic linens) and old (antique furniture original to the inn and local artwork) mix nicely. Better yet: you can score a discounted stay with your purchase of tickets at the inn's Side Door Jazz Club.

Shop talk

A party to dress for? A birthday coming up? A little something with which to remember Mystic Country? We've got you covered. **The Bowerbird** (860-434-3562, thebowerbird.com) in Old Lyme is a Mystic Country landmark that specializes

in what the folks here like to call "impulsive necessities" — some 4,500 square feet of them as a matter of fact, with more than 2,000 vendors represented! We're talking gadgets for your kitchen and gizmos for your pet, jewelry, clothing, accessories for home and garden, toys, baby gifts, gourmet foods, skin care, books and more. You should plan on being here a while ... of which the same could be said of **Olde Mistick Village** (860-536-4941, oldemistickvillage.com) and its eclectic collection of some 40 shops and eateries. Check out Garden Specialties to help prepare for the season ahead, Toy Soldier for toys, books, puzzles and more, Kelley's Pace for the best in running shoes and apparel, The Gray Goose Cookery for all you need to cook like a pro, Gineva Murano for gorgeous glass jewelry and Mystic Kite Shop for when it comes time to, well, you know. Prime time for a visit? April 28-29 for the Olde Mistick Village Sidewalk Sale.

Heading downtown? **Mystic Knotwork's** (860-889-3793, mysticknetwork.com) mission to "keep the nautical knotwork tradition alive" goes back decades in the Beaudoin family, beginning with patriarch and former Bosun's mate Alton Beaudoin, who, having learned the craft from retired

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sea captains and officers at the Seaman's Institute in New York City, opened a knot shop out of his home in Old Mystic in 1957. The company's current retail shop and workshop in downtown Mystic continues the tradition with artisanal beauties including doormats, wreaths, coasters, keychains, boutonnieres and bouquet add-ons for nautical weddings and, of course, classic cotton Mystic Knotwork sailor bracelets now seen on wrists across the country — and made by hand right here.

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M/BAR (860-245-4499, mbarct.com) is a way-cool vintage gas station turned industrial-chic gathering spot with a stellar coffee bar and breakfast fare available seven days a week, and sophisticated wine-bar offerings (cheese and charcuterie boards, small plates) available Wednesdays through Sundays. Happy-hour specials available Wednesday through Sunday 4-6 p.m. include \$5 select drafts from a rotating list of local

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Flanders Fish Market & Restaurant (860-739-8866, flandersfish.com) in East Lyme, reputed to be Connecticut's largest full-service restaurant and seafood marketplace, is where it's at when it comes to fresh-as-it-gets seafood. Award-winning clam "chowda," lobster pot pie, cod, haddock, flounder and more served fried, broiled, blackened or grilled (you choose!), Parmesan swordfish, a big ol' heap of steamers ... you may have a hard time making up your mind.

The James Pharmacy Bed & Breakfast and Gelateria (860-395-1229, jamespharmacybnb.com) is a community landmark in Old Saybrook. Built in 1790, it served as a general store for the Humphrey Pratt Tavern, became the town's first pharmacy in 1877 and later added a soda fountain around which the townsfolk would gather. The historic building is now home to a gelateria (mmm ... pistachio), intimate **Caffé Marche** (860-581-3878, caffemarche.com), which serves up everything from thin-crust pizza to handmade pasta, and a bed and breakfast with three guest rooms that feature four-poster beds with luxurious Italian linens, modern oversize showers and gas fireplaces. Score!



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INSIDE OUT

**There is nothing
inside that you
can't do outside**

BY CAITLIN M. BAGLEY

With the right furniture and materials, the backyard can become an extension of your home.
CONTRIBUTED, GINA RACHELLE DESIGN

Making your patio or backyard an extension of your home is not only possible — it is an idea that is in high demand. That's the message Chris Palmer and his team at Outdoor Design & Living in Fairfield share with their clients.

"The more you put outside and the more creative you get, the more time you want to spend outside," Palmer says.

Whether it's installing a television on the patio, firing up a pizza oven, or a lighting design that accentuates the house and smartphone-controlled audio systems, it is now more appealing than ever to spend time outdoors, even throughout New England's four seasons.

Gina Gutierrez, founder and lead designer of San Francisco-based Gina Rachele Design, agrees. Approaching outdoor design as you would an indoor space just makes sense.

Gutierrez finds that customers either want their backyard to reflect the look and feel of their home's interior, or they use the opportunity to add some "punch and pizzazz."

When starting a project, the first thing Gutierrez asks the homeowner is how they want the space to function, and how they want it to feel. Depending on the size of the yard or patio, the space can become a prime area for hosting and entertaining, featuring a sectional, chairs, a fire pit and even outdoor kitchen appliances.

Next, they decide on a color palette. In coastal Connecticut, the nautical look is popular, as is rustic bohemian — neutrals and pastels.

Then it's time to examine how to create "zones" to accomplish designing the client's ideal outdoor living space. The backyard can truly encompass all the aspects of indoor living — cooking, eating, relaxing, congregating — and the key is to designate zones so these features can coexist.

Let's start with cooking. The kitchen is the hub of the home — it's also the hub of the outdoor living space, Palmer said. "People congregate around the kitchen," adds David May, owner/designer of Prestige & Lighting Design and a member of the Outdoor Design & Living team.

Creating an area for congregating and cooking can mean several things: a high-end grill — Palmer recommends the Twin Eagles brand — with bar seating, pizza oven, smoker, or even a hibachi-like area where the grill is the focal point among a circle of bar stools.

"From kegerators to double-drawer refrigerators and wet bars and social grilling, you can have it outside," Palmer says.

Outdoor countertops come in more varieties than they once did. Options include ceramic or porcelain tile, concrete and other composite materials. "It's not just granite anymore," according to Palmer.

May adds that with all projects, their



A comfortable entertaining space includes elements of texture and softness, like outdoor rugs, pillows and throws. CONTRIBUTED, GINA RACHELE DESIGN

team considers materials used within the interior and the exterior of the home and works it into the outdoor living space.

"We're very consistent with material," he says. Adds Palmer: "We're cognizant of matching the architecture of the house so [the outdoor space] doesn't look like it doesn't fit."

While the integrity of the kitchen space and its beautiful countertops may be the focal point of an outdoor living area for many, having sturdy, comfortable furniture to sit on is almost just as important. Who wants to eat a delicious grilled meal on a hard, uncomfortable folding chair?

"Furniture adds another dimension," Palmer says. "When you're sitting on comfortable furniture, you don't need to go inside." Furnishings also bring more color into a project, May adds. Different color fabrics "make the stonework and space pop."

For Gutierrez, a comfortable dining and entertaining space includes elements of "texture and softness." Consider outdoor rugs to define the seating area and robust pillows for additional coziness. Mix high-end and budget-friendly options for an eclectic collection of tableware.

She also suggests incorporating baskets for texture — house blankets and throws, or use them to hold potted plants and succulents.



You might be thinking that an outdoor kitchen and dining area is all well and good when the weather is nice, but what do you do when it rains, or the cold starts to creep in?

The answer is simple: consider a pergola. (Or, install an awning that can extend from the house over your patio space.) With a pergola comes all sorts of heating, cooling and shade solutions.

A covered pergola allows for shade and shelter from rain. It also provides protection



Above: Gas-powered, remote-operated fire tables emit an open flame for cooking hot dogs and marshmallows at the push of a button. CONTRIBUTED, DAVID MAY

Top right: Janice Parker seized the opportunity at this Greenwich residence to create a landscape that integrated the natural beauty of the property with the functionality of the home's exterior and pool. PHOTO COURTESY OF JANICE PARKER LANDSCAPE ARCHITECTS

Right: With today's smart homes, all it takes to bring your favorite tunes outside is your smartphone and a few well-placed speakers. CONTRIBUTED, DAVID MAY





Above: The kitchen is the hub of the home — an outdoor kitchen can become the center of your backyard landscape. CONTRIBUTED, DAVID MAY

Right: Pergolas and awnings are key to keeping your outdoor entertaining space safe from the sun and rain. Cool off in the “spool,” or spa-pool hybrid, on summer days when shade just doesn’t cut it. CONTRIBUTED, EATON PERCY

Bottom: An outdoor fireplace is a grand focal point for a backyard space. CONTRIBUTED, EATON PERCY



for an outdoor TV or sound system. In the late fall and winter, you can run a heater within the confines of the pergola. In the dog days of summer, install cooling fans.

Pergolas can be fitted with shade canopies (powered or manual) or even privacy screening, which not only create an exclusive sanctuary, but a bug-free one, per Palmer.

Consider also cantilever umbrellas for creating shade within the backyard.

These solutions allow homeowners to “extend the season,” Palmer says. “People want the outdoor experience year-round, no matter the weather,” May adds.

When the weather is dry, a fire pit makes for a cozy end to an evening outdoors. While fire pits remain in vogue, gas-powered, remote-operated fire tables are trending, according to Palmer. With the push of a button, you’re ready to cook hot dogs and marshmallows over an open flame.

If your yard has the space, Gutierrez recommends a brick or concrete fireplace.

“The fireplace is more of a statement and focal point these days,” she said.

With any space meant for hosting and entertaining, the right lighting and the ability to play music are critical.

Not a problem. Outdoor lighting is much more efficient and refined than it used to be, and all it takes to bring your favorite tunes outside is your smartphone and a few well-placed speakers.

“All audio and lighting can be tied to your smartphones and smart homes,” Palmer says. May adds that lighting technology these days is “so efficient,” utilizing “state-of-the-art LED bulbs.”

These fixtures — he recommends the Coastal Source line of outdoor lighting appliances — can “create a whole scene, a 3D effect in the backyard. You don’t have to be restricted to a fishbowl area of light,” he says. The control is at your fingertips for lighting, May adds. Even timers are



becoming smart devices, learning to self-adjust with the seasons.

A final element for any outdoor living space is, for some, a pool. According to Nick Vitiello, owner of Norwalk-based in2blue design, people are opting for “spools,” spa-pool hybrids, instead of large swimming pools.

These smaller pools — usually running 10 to 16 feet long and 6-8 feet deep — can be built with amenities like hydrotherapy jets.

And just like with most other aspects of an outdoor living space, technology has changed the nature of pool maintenance

— think automated salt chlorination. “It’s all intuitive,” Vitiello said.

Between the pools and the outdoor fireplaces and opportunities for spectacular lighting, the backyard of your dreams may seem out of reach. But Palmer stresses that anyone can incorporate these ideas and truly bring the comfort of their homes outdoors. All it takes is planning.

“Come up with a master plan, and work it out gradually over time, within your budget.”

Caitlin M. Bagley is a freelance writer for the Hearst Connecticut Media Group.



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Healthy Living

An abstract watercolor illustration featuring a silhouette of a person in a yoga pose, possibly a crow pose (Bakasana), with arms raised and hands near the head. The background is composed of large, overlapping washes of color in shades of pink, red, orange, and yellow, with scattered dark speckles. The word 'WELLAND' is written in large, bold, green capital letters across the center of the image.

WELLAND

ONE WOMAN'S STORY OF NAVIGATING THE SEAS OF CHRONIC ILLNESS THROUGH INTEGRATIVE HEALING PRACTICES

BY SHELLEY LAWRENCE KIRKWOOD

I have always been a relatively healthy person. I was never a big competitive sports buff, but I always ate my veggies and loved to exercise. In my 30s, I departed from a career in teaching and curatorial work, and became certified as a personal trainer. I also started boxing and competing in triathlons. At 39 years old I had become a mom and was working as a health blogger and personal training manager.

One day, I noticed a dark mole on my left arm. I pointed it out to my doctor. A biopsy revealed the terrible news — melanoma.



Kitchari, a dish made with an assortment of grains, vegetables and spices, is both nourishing and good for the digestive system. See a recipe on page 71.

PHOTO: SHELLEY LAWRENCE KIRKWOOD

GOOD

After having a sizable chunk of my upper arm and a few lymph nodes removed, I was cancer-free. As it turned out, that was the easy part. At first, I noticed that currents of electrical impulses seemed to be vibrating and sometimes surging through my body at night. Then, my ears began ringing incessantly, as if I had just walked out of a loud concert. I also had a deep pain behind my right leg, and the muscles of both legs often burned as if I had been stung by tiny bees. The moment I realized something was deeply wrong came the day after a flu shot, when I developed a feeling of pressure in my head and ears that stopped me in my tracks. I went to the ER, where a CT scan of my head and some blood tests were ordered. All came back normal.

The subsequent year was riddled with specialists, tests, more symptoms, tears and unanswered questions. In the end, I was diagnosed with Lyme disease and prescribed oral antibiotics — lots of them.

Fast-forward eight months: I had made some moderate improvements, but my hair was falling out and the inside of my teeth had turned brown. I was discouraged, and still sick. That's when I decided to take a different tack, one in which I fortified my body so that it could once again fight for itself.

I began by altering my diet. I gave up sugar, alcohol and grains, and made daily green juices, ate cooked and raw vegetables, organic meat, beans, berries and low-glycemic fruits. I took probiotics and ate fermented foods to restore my depleted gut. I also saw an acupuncturist, a friend who graciously offered me discounts, as well as a naturopath who prescribed a daily cocktail of bitter herbs I had never heard of, including cat's claw, ashwagandha and andrographis.

After about 10 more months, my debilitating symptoms began to subside. Again, I made some shifts; I started visiting

a homeopath and swimming slowly for 15 minutes at a time. Little by little, I improved. At the age of 42, I was able to have a second child, a boy. Though my body had clearly been altered, I learned to live with manageable day-to-day discomforts.

Several years went by living in this fragile ecosystem — no longer “sick” but not entirely well either. I had changed mentally, too. Strange symptoms scared me. I looked at new situations according to risk factor for my health. I became depressed, and generally felt at odds with my body.

Last year, seven years after my melanoma surgery, I hit another bump in the road. After trying for more than a year to figure out the cause of swelling in the rib area under my left arm, I was diagnosed with secondary lymphedema, a backup of lymph fluid that can be painful, chronic, progressive and dangerous. Mine — like a lot of people's — was predisposed by

the removal of my lymph nodes, and probably brought on by air travel without compression. My diagnosis was upsetting, but it was also a catalyst for change. I became fed up with the feeling that my body was failing me. I also sensed that I needed to be more proactive. That is how I came to study yoga and ayurveda.

Like a lot of people, I have been an armchair yogi for many years. I probably took my first yoga class about 20 years ago, but somehow it had not occurred to me to turn to yoga during the darkest days of illness.

Since becoming pregnant with my son, yoga had become a semi-regular thing. That changed one Sunday during a yoga class not long after my diagnosis. I had a sudden realization — like a bolt of lightning — that I needed to do more than hit a yoga class at the YMCA once or twice a week.

Much to my surprise, I discovered that yoga therapy is an accessible and popular path of study. The certification process (which is more than 1,000 hours if completed in full) includes training in the spiritual underpinnings and philosophies governing postures, breathwork, meditation techniques, and the moral path of yoga. It also includes training in anatomy and physiology and assessment protocols specifically intended to combat physical challenges. The yoga teacher training program I ultimately enrolled in also included an introduction to ayurveda, which became a crucial piece of the puzzle I had been trying to assemble.

By now, you probably know a little something about yoga. Maybe you even have a daily yoga practice of your own, but relatively few people have much knowledge of yoga's sister science, ayurveda. Like yoga, ayurveda originated as an oral tradition thousands of years ago in India. Yoga focuses on quieting the fluctuations of the mind as a means of "yoking," or uniting, mind, body and spirit. Ayurveda is a medical system used for healing and sustaining the body.

While ayurvedic health counselors can focus on preventative care, diet and lifestyle, practitioners are also trained in pathology and disease management. Though the schooling is not the same as a Western M.D., ayurvedic doctors have extensive training and hands-on practice with clients. Their training includes some Western medical practices so that they can be informed of when to stay within their ayurvedic scope of practice and when to refer to allopathic care.

Working from the belief that the body has an abiding wisdom and capacity for healing, ayurvedic guidelines call for assessing each person to ascertain a constitutional type, or life force. Known as the "dosha," it embodies combinations of elemental characteristics of ether, air, fire and water, and is affected by our inner

More on ayurveda

The National Ayurvedic Medical Association has standards of education, ethics, professional competency and licensing in the profession. The organization offers a state-by-state list of member professionals who are registered with them. For more information, go to ayurvedanama.org.

states of mind and our outer environments.

The ayurvedic counselor, practitioner or doctor will look at an individual's constitution and their particular physical and emotional environment to pinpoint routines and lifestyle choices that will promote detoxification and balance.

To initiate an assessment, they will typically inquire about a broad array of factors such as diet, sleep practices, emotional stressors, and daily routines. They will also conduct a physical assessment that may include a look at the tongue, the pulse, and other corporeal indicators of health, such as the condition of lips and nails.

Jaya Daptardar, an ayurvedic doctor who offers wellness coaching in Weston, and ayurvedic therapies and counseling in New Canaan, says that her wellness assessment also includes "listening" to 12 different pulse points on the wrists according to the principles of ayurveda. She also conducts an eightfold review process. "It consists of reviewing eight areas of the body and bodily functions, all of which reveal places of balance and imbalance," she says.

Once a professional has a clear picture of the needs of the individual, they will integrate their assessment within their scope of practice to make recommendations. These may include herbs or simple food recommendations. Advanced treatments can include detoxification in various forms, such as a warm-oil treatment used to calm the nervous system.

Whether you visit a health counselor,



KITCHARI

An ayurvedic classic

There are plenty of easy-to-find variations of kitchari, a popular dish in ayurveda that has been eaten in India for hundreds of years. This is my own version, but it's quite flexible in terms of the spice levels and vegetable content. One caution: I recommend buying the yellow mung dal from Banyan Botanicals or another reputable source, as I have found many brands can come dyed.

Kitchari is often recommended in the context of an ayurvedic fast, because it provides a soothing, nourishing meal that is gentle on the digestive system. It is a tridoshic meal, which means that it is suitable for all doshas, though the spices can be tweaked to suit a particular constitution. It's also a tasty and colorful dish. If you don't have vegetable broth handy, it's fine to use water. If possible, use kosher or sea salt for cooking, and Himalayan pink salt or Maldon flake salt to finish the dish.

| SHELLEY LAWRENCE KIRKWOOD |

KITCHARI

1 cup organic yellow mung dal
¾ cup basmati rice
3 tablespoons high-quality ghee
1 teaspoon whole fennel seeds
1½ teaspoons ground cumin
¼ teaspoon coriander
½ teaspoon asafoetida, or garlic chives
1 teaspoon ground turmeric
1 tablespoon grated ginger
1 teaspoon salt
3 cups mixed vegetables, such as cauliflower, zucchini, green beans and carrots, chopped in a medium dice
4 cups filtered water
3 cups low-sodium vegetable broth

GARNISH

1 cup chopped cilantro
¼ cup lightly toasted sesame seeds
Sliced avocado
Sliced lime
Salt

DIRECTIONS

Soak dal overnight. If this isn't possible, soak for at least 4-6 hours with filtered water, a pinch of salt, and a squeeze of lime. Rinse dal and rice thoroughly. Drain and set aside.

In a large pot, heat ghee over medium. Add dry spices and cook, stirring until fragrant. This should take roughly 2 minutes.

Add dal and rice mixture, stirring to coat, grated ginger, water, broth and salt.

Bring to a boil, then reduce heat and simmer partially covered, stirring occasionally, for 20 minutes.

Add vegetables, and cook for 20-30 more minutes.

Serve with garnishes.

Serves: 6

practitioner or doctor, you can expect to be offered ideas for lifestyle routines. For example, suggestions for my own dosha included minimizing spicy foods, keeping my exercise moderate in intensity, and some grounding yoga practices for the winter months.

Margaret Durbas, a health counselor who practices in Simsbury, says that most people can benefit from a few ayurvedic principles such as eating the largest meal at midday and adhering to a regular sleep schedule so that the organs and glands have sufficient time to recover. "Beginning the morning with a cup of warm water is a great way to help jumpstart the digestive tract," she says.

Ultimately, the goal is to help the patient strike balance within their particular constitution.

Pawcatuck-based ayurvedic practitioner Jessica Ferrol says that while ayurveda may seem foreign, it is a common-sense system.

"Ayurveda is a living science, so things can change as needed," says Ferrol, who is also a master teacher in the California College of Ayurveda's distance learning program. "We are an organism in constant contact with our environment. Ayurveda does this beautiful thing where it asks the body what it needs. We can then create a lifestyle that provides clients with tools they can actually use. What I have observed is if we listen, the body will respond."

It's a stark contrast to the cycle of fear and disappointment that so often accompanies Western approaches to illness. My own experience is that the symptoms of my lymphedema have been reduced, but not eliminated, since going through the initial 200-hour phase of training. I still struggle with the lingering effects of Lyme,

but with the tools I have acquired through integrative therapies, I no longer feel the need to rely exclusively on doctors. Instead, a cup of tea, a 10-minute yoga practice or a slow, deep breath are the typical daily measures I take.

This sense of my own agency in maintaining good health has helped me to relinquish much fear. This may not be the "cure" in the sense that I once understood it, but it has empowered me. In this space, where acceptance and an active sense of fighting back meet, I have found my revised sense of wellness. I can finally, once again, describe myself as a relatively healthy person. ■

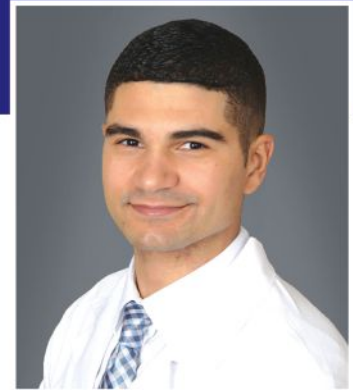
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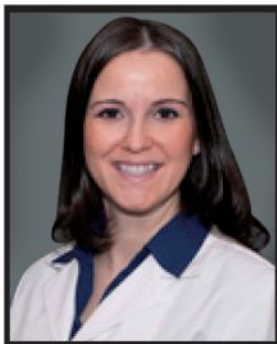
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BY ERIK OFGANG

Emma Seppälä recently gave birth to her second child without the aid of painkillers.

Instead, the Madison mom was armed with what may sound like either wishful thinking or an ability straight from a comic book: the power of her mind.

Seppälä is a psychologist and co-director of the Yale College well-being program at the Yale Center for Emotional Intelligence. She is also science director of Stanford University's Center for Compassion and Altruism Research and Education. She has researched and written about the interplay between perception and pain, and the ways in which how we think about our pain can have a real and often profound effect on what we actually feel.

Previously, Seppälä studied Iraq and Afghanistan veterans and found they were able to normalize their anxiety after one week of practicing a type of yoga involving intensive breathing exercises. During labor she used a self-hypnosis program taught on the website hypnobabies.com to reduce her pain.

"If we're able to address the psychological components, if we're able to calm our own mind down, then we are able to handle pain much more gracefully and allow our body to do the healing that it's trying to do," she says. As for her labor, "the birth went very quickly, very smoothly and I was not in a state of stress."

These types of techniques and strategies are part of a multifaceted approach to pain management that is gaining traction in medicine as

At right: Matt Maneggia, owner of Connecticut Family Acupuncture in West Hartford and Bolton, sees growing demand for alternative treatments.

Below right: Dr. Daren Anderson is the director of the Weitzman Institute and vice president and chief quality officer of the Community Health Center, both based in Middletown, and Beth Darnall is a psychologist at the Stanford University School of Medicine.

the risks from prescription opioids become better documented. According to the Centers for Disease Control and Prevention, as many as one in four people who receive prescription opioids long term in non-hospital settings “struggles with addiction,” and in recent years more than 2 million Americans abused or were dependent on prescription opioids. Opioid prescriptions have helped fuel the larger, illicit opioid epidemic, and researchers have found no evidence indicating they are effective at providing long-term pain relief. As a result, medical providers are increasingly looking for different treatment options.

“The definition of pain is that it’s a negative sensory and emotional experience, so psychology is actually part of what we know to be pain, but we don’t treat it that way,” says Beth Darnall, a psychologist and colleague of Seppälä’s at the Stanford University School of Medicine and author of *The Opioid-Free Pain Relief Kit*. Darnall adds, “We treat pain as purely a sensory experience and that puts people at a disadvantage because we’re not targeting that whole half of the definition that actually determines how much we suffer from pain, and often how much pain we experience and how long it lasts. So it’s a really important therapeutic target that we’re missing.”

The connection between pain and mind appears to be even more significant for the approximately 100 million Americans who suffer from chronic pain. About 50 percent of those with post-traumatic stress disorder also report chronic pain.

In addition, a history of childhood drama is believed to be underdiagnosed and likely very common in those with chronic pain, says Dr. Daren Anderson, the director of the Weitzman Institute and vice president and chief quality officer of the Community Health Center, both based in Middletown. “What we’re coming to know now is that the vast majority of people with chronic pain do not suffer from an underlying structural musculoskeletal problem. They suffer from a complicated web of factors that often and almost always include psychosocial and behavioral factors, as well.”

The Weitzman Institute is the research arm of the Community Health Center, and Anderson and his colleagues are researching ways in which primary care providers can be retrained to better understand the diverse underpinnings of chronic pain.



“When a person comes in and says, ‘my back hurts,’ typically your first reaction is get an X-ray, try medications, but your first reaction should also be to screen them for underlying depression, to ask them about their childhood, to explore any other factors that may have contributed to it,” Anderson says. “Once you’ve identified those, you realize that a significant portion of what you need to bring to the table to treat that person are behavioral strategies, not just medical.”

These strategies include working with other medical staff and offering a wide range of coordinated care, from consultations with chiropractors, psychiatrists or psychologists to mindfulness and yoga therapy.

“The important thing is to give primary care providers options to steer away from opioids in favor of these evidence-supported interventions,” Anderson says. “Every patient is different. The patient who is going to respond to yoga may not be the same as the patient who needs mindfulness, because anxiety is driving their pain. There’s really no shortcuts. You need to get to know your patient, get to know what’s driving their symptoms and come up with a custom approach for each one.”

At Community Health Center there are pain-therapy groups as well as individual sessions. Daniel Bryant, a counselor and Quality Improvement Committee chairman at the center, likens the effectiveness of this approach to when a kid falls and scrapes his knee. The child will keep playing and only starts crying after his mom sees the scrape and brings attention to it. “This isn’t because the kid is seeking attention, it’s because now they’ve brought their attention, their cognitive focus, to the source of the pain and now they feel it,” Bryant says. “Before, when they were thinking about jumping



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and running in trees and having fun, they did not feel the pain in the same way because they weren’t focused on it. Our patients have the ability to do the same thing if we teach them the skills.”

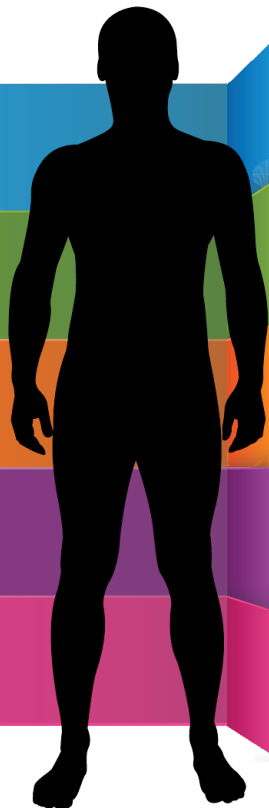
For example, Bryant says, if a patient is thinking, “Everything hurts so bad, I can’t do anything. This is terrible,” it will be hard for them to function, but they can increase their quality of life by reframing their internal monologue to something along the lines of, “Even though I’m in some discomfort and pain today, I can still do the things I need to do, even if I do them more slowly.”

Bryant stresses that because the cause of someone’s pain is not purely physical, the pain itself isn’t

any less. “What people hear us saying is that your pain is all in your head. That is not at all what we’re saying. ... You may not be able to see the pain visually, but they are experiencing it in very real ways.”

Bryant adds that this treatment is actually similar in its approach to a drug prescription. “If you give someone a narcotic to treat their pain, it doesn’t work on their broken ankle, it works on their brain. This is the same idea, your pain is an experience in your brain even though it is activated in your body. So we have to help [people] to understand there are ways to change your brain other than just medication.”

This process has been observed in the laboratory, Darnall says. Thinking about pain “actually increases pain processing in the brain and the spinal cord. The regions of the brain that are associated with pain, we see that they light up in functional magnetic resonance imaging studies. It literally increases blood flow to those regions of the brain that process pain and it correlates with reports of increased pain.” She adds, “What



PAIN RELIEF WITHOUT OPIOIDS

The Centers for Disease Control and Prevention suggests these alternatives to opioids for pain relief, which the agency says carry less risk for addiction and other complications. Before changing medications or treatments, consult with your doctor first.

NON-OPIOID MEDICATIONS

Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and aspirin, and acetaminophen (Tylenol) are effective in managing pain. But long-term use or overuse can lead to health complications.

ANTIDEPRESSANTS AND ANTICONVULSANTS

While not effective in all cases, certain antidepressants and anti-epileptic medications are particularly effective at relieving nerve pain, which can be associated with shingles, chemotherapy and fibromyalgia. Some of these medications have side effects, however.

TOPICAL CREAMS

Lidocaine and other topical NSAIDs are used for localized nerve and musculoskeletal pain and osteoarthritis. These are sometimes used as a first treatment with fewer complications than oral medications.

NON-MEDICATION TECHNIQUES

A variety of non-drug approaches, including exercise (such as walking, swimming, yoga and free weights), physical therapy, acupuncture, cognitive behavioral therapy, biofeedback, chiropractic therapy and relaxation routines, have been shown to help with pain.

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we're seeing is that our brain, our mind, our psychology is so powerful that we have the ability to dial up our pain or dial it down simply by how we focus our minds and our attentions. ... A very powerful pain-relieving technique is to simply become aware of this."

Outside the clinical setting there are many resources available for those looking to minimize their pain, including mindfulness, meditation and hypnosis apps, books and recordings. Both Darnall and Seppälä have websites where they share pain management resources. Some are surprisingly simple yet effective. One study showed that holding the hand of your romantic partner could limit pain, and even just thinking about something positive or listening to music seems to have a similar effect.

"We want to focus on something that brings us comfort, pleasure and joy," Darnall says. For a new parent that might be thinking about their baby, "for someone else it may be listening to very positive, soothing music. When we engage in something positive and self-soothing, the research shows that that actually steers our brain not only away from pain but toward actual relief and comfort."

In January, the Virginia-based Academic Consortium for Integrative Medicine and Health published a paper that analyzed existing data and studies to identify evidence-based, nonpharmacological strategies for the treatment of pain.

Dr. Heather Tick, the report's lead author, is a clinical associate professor of family medicine and of anesthesiology and pain medicine at the University of Washington School of Medicine. She says,

"We've found that for post-surgical pain, acute pain and chronic pain, you can use things like mindfulness, acupuncture and massage to help to reduce pain and reduce medication uses, including opioids."

She adds, "The use of things like music therapy, meditation and biofeedback also offer effective care," and "the other benefit of these therapies is they are low risk and well accepted by patients." Beyond any specific therapies, getting enough sleep and exercising more can help with pain management.

"We know that when we exercise, when we move, we make endorphins which are our own natural opioids and we also increase the levels of our own anti-inflammatories, and those things do affect us body-wide," Tick says.

The American College of Physicians updated its guidelines for treating lower-back pain last year to encourage conservative treatments first, citing heat therapy, massage, acupuncture and spinal manipulation (the type performed by chiropractors) as possible safe therapies that did not require drugs.

Dr. Cheryl Vincent of the Simsbury Chiropractic & Wellness Center says patients respond to a variety of chiropractic treatments and research shows "conservative care first is really more appropriate when it comes to pain conditions." At her office, she adds, treatment is "hands on instead of prescriptive." Vincent also offers the SHAPE ReClaimed program, a four-tiered approach to pain management that focuses on decreased inflammation, enhanced

immune function, detox and cleanse, and weight loss.

When it comes to pain management, Vincent says, "the best thing is to have a lot of tools in your tool belt."

Matt Maneggia, owner of Connecticut Family Acupuncture in West Hartford and Bolton, says he's seen a growing openness to alternative treatment from patients and other health care providers. "Definitely in the past five years we've seen not only a huge uptick in our patients coming in for pain but we're getting a ton more doctor referrals, referrals straight from MDs, and I'm convinced that goes hand in hand with the opioid epidemic," he says. "As doctors are more reticent to prescribe opioids, they're looking for alternatives, so they're sending a lot of people our way. More and more research is coming out showing that acupuncture works spectacularly in terms of pain relief."

The report that Tick co-authored found that acupuncture after total knee replacement reduced pain and was associated with delayed opioid use, and that it helped with back pain.

Maneggia says that a majority of patients he sees improve with acupuncture treatments. Their pain is not necessarily eliminated but they have "significant enough improvement that their quality of life is improving."

Dr. Michelle Nisenbaum, a pain specialist at the Western Connecticut Medical Group Physical Medicine and Rehabilitation office in Newtown, which is affiliated with Danbury Hospital, has noticed a recent shift in patients' attitudes toward opioids.

"Less than a year ago people would come in wanting their opioid pain medications," she says. "Now more and more, especially since President Trump declared the opioid crisis and it was all over the news, people have come in not expecting that anymore."

Today, Nisenbaum works with patients on a variety of pain-relieving treatments ranging from physical therapy and shoe orthotics to non-opioid medications and steroid and steroid-free injections.

"Targeting the problem, and focusing on the problem causing the pain as opposed to giving a medication to just take pain away, that definitely works better," she says.

While prescribers and patients alike are coming to realize the problems with opioid prescriptions, several of those interviewed for this story said another cultural shift is necessary.

"The goal of pain management has long been that patients should have a zero pain score," says Bryant, the counselor at Middletown's Community Health Center. "This is utterly and completely ridiculous and this is exactly how we ended up with the opioid crisis. ... A therapy approach says pain is a part of life, pain is a part of living, it's what we do with it that matters." ■

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Written by Sherry Shameer Cohen
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“Treating the mind, body, and spirit goes beyond the scalpel and the surgical technique. To see someone’s face light up after they have learned that there is hope, that they can be fixed, that they can be healed- it’s life changing for them, and for myself. That is the reward. That is what I hope for. That is what I strive for.”

This philosophy has led Dr. Khalid Abbed to be one of the most sought after surgeons in the country and beyond. After finishing medical school at the University of Illinois School of Medicine, Dr. Abbed went on to complete a surgical internship and neurosurgery residency at Mass General/Harvard and a Neurosurgery/Orthopedic Spine Fellowship at the Cleveland Clinic, before he joined as a faculty at Yale School of Medicine. Dr. Abbed is the Chief of Spine Surgery and Vice Chair of Clinical Affairs at Yale School of Medicine’s Department of Neurosurgery, and Co-Director of the Yale-New Haven Hospital Spine Center. Dr. Abbed treats all surgical spinal pathologies and leads a team of specialized neurosurgeons, physiatrists, and pain management physicians to optimize conservative measures.

Dr. Abbed explains, “Unfortunately, too many patients are being operated on and, far too often, the surgeries are too aggressive. Exhausting conservative measures before surgery is important because time and nature are often the best healers. When surgery is the patient’s best option, we utilize the least invasive and lowest risk techniques to maximize healing potential and expedite recovery time. At Yale we are fortunate to have the latest and most advanced technologies in minimally invasive spine surgery, neuromonitoring, neuronavigation, and surgical robotics- leading to shorter hospital stays, less blood loss, and lower risk of infection. But, having the latest surgical robot is not enough. When these state-of-the-art instruments are combined with the skill, experience, compassion, and empathy that my team at Yale offers, the choice is an easy one. Patients from around the country, and indeed the world, come to Yale for their care because of this rare combination of 100 years of neurosurgical experience and the latest, most advanced surgical techniques and technologies.”

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LATHA ALAPARTHI, M.D., F.A.C.G., DEAN CHANG, M.D., RENUKA UMASHANKER, M.D., F.A.C.G.

Gastroenterology Center of Connecticut has 14 doctors and 8 advanced practitioners who provide innovative, progressive medical care in patient-focused centers. It was the first practice in Connecticut to offer the PillCam for diagnosing gastrointestinal tract disorders without anesthesia or invasive endoscopic procedures. They offer research opportunities for the newest treatment options, in-office infusion, and a celiac disease center.

DR. LATHA ALAPARTHI earned her degree from JJM Medical College/Mysore University, India. She did her internship at Norwalk Hospital/Yale University Program and fellowship in gastroenterology and hepatology at Yale-New Haven/St. Raphael Hospitals. Her interests are colon cancer screening, cancer genetics, chronic reflux disease, Barrett's esophagus, esophageal motility disorders, IBD, and diseases of the small bowel. She has held many leadership positions and continues to hold key positions locally and nationally. She feels passionate about women in leadership. An active member of the American Gastroenterology Association, she advocates on behalf of patients and clinicians and participates in leadership training of female gastroenterologists. She teaches at Yale University School of Medicine and Frank Netter School of Medicine/Quinnipiac and is affiliated with Yale-New Haven and Milford hospitals.

DR. DEAN CHANG graduated Johns Hopkins University with a B.A. in chemistry. He earned his medical degree and Ph.D. at the University of Michigan Medical School. He did his internship and residency in internal medicine and fellowship in gastroenterology at Yale University School of Medicine. Dr. Chang's special interests include treating liver disease, eosinophilic esophagitis, celiac disease, colon cancer, pancreatic disease, inflammatory bowel disease, diarrheal illness, and swallowing disorders.

DR. RENUKA UMASHANKER received her B.A. in chemistry and psychology from Hunter College in New York City. She earned her medical degree from State University of New York at the Health Science Center in Brooklyn. She completed her residency in internal medicine at the Robert Wood Johnson Medical Center – UMDNJ and fellowship at the University of Vermont and Beth Israel Deaconess Medical Center. Dr. Umashanker is the former Chairman of the Medical Advisory Committee for the American Liver Foundation. She is affiliated with Yale-New Haven Hospital. Her subspecialties include colorectal cancer management, women's gastrointestinal issues, liver disease, and medical and endoscopic management for obesity.

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Left to right: Dr. Hyson, Dr. Verga, Dr. Allen

DIAGNOSTIC RADIOLOGY

KENNETH ALLEN, M.D., ERIC A. HYSON, M.D., F.A.C.R., MARCO VERGA, M.D.

Dr. Kenneth Allen, Dr. Eric Hyson and Dr. Marco Verga are members of Diagnostic Radiology Associates (DRA). DRA has been part of the greater Waterbury health community since 1974. The practice offers a full range of diagnostic and interventional radiology services. They are affiliated with Waterbury Hospital and several imaging centers in the greater Waterbury area.

DR. KENNETH ALLEN earned his degree from the University of Massachusetts Medical School. He completed his residency in radiology at Yale-New Haven Hospital and fellowship in MRI, CT and Ultrasound at the Hospital of the University of Pennsylvania. He is medical director at the Greater Waterbury Imaging Center and chief of MRI services at Waterbury Hospital and DRA and provides patients with access to standard high field MRI at 1.5 Tesla and ultra-high field MRI at 3.0 Tesla.

DR. ERIC HYSON received an AB in chemistry at Princeton and medical degree from the University of Pennsylvania School of

Medicine. He has board Certification with Added Qualification for Vascular and Interventional Radiology. The director of mammography at Waterbury Hospital, he is an interventional radiologist and performs needle biopsies, drain abscesses, inserts stents and catheters, and treats varicose veins. In many cases, he says, "interventional radiology has replaced some surgery" by "using those imaging tools for treating patients less invasively."

DR. MARCO VERGA earned his medical degree from the Yale School of Medicine. He completed a radiology residency at Yale-New Haven Hospital and a fellowship at New York Hospital/Cornell Medical Center and Memorial Sloan-Kettering Cancer Center where he earned a certificate of Added Qualification for Vascular and Interventional Radiology. He is experienced in 3-D Mammography, PET-CT imaging, body imaging and is the Executive Managing Member of DRA.

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Connecticut Gastroenterology Consultants treats adults and adolescents for a complete range of gastrointestinal conditions. Affiliated with Yale-New Haven Hospital, the providers give patients all the advantages of a university medical center in a private office setting.

DR. MICHAEL BENNICK graduated from Temple University School of Medicine. He completed his internship and residency at the Graduate Hospital of the University of Pennsylvania and fellowships in gastroenterology and clinical investigation in digestive disease at Yale-New Haven Hospital. He is medical director of the Patient Experience at Yale-New Haven, focusing attention on being ever more responsive to the needs of patients and their families. This work began for him at Connecticut Gastroenterology.”

DR. SIDNEY BOGARDUS graduated from Columbia University College of Physicians and Surgeons. He completed training in internal medicine, gastroenterology and geriatrics at the University of Chicago, and also completed the Robert Wood Johnson Clinical Scholar Program at Yale. He is the president of Connecticut Gastroenterology Consultants and the Chief

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DR. MYRON BRAND graduated with honors from the University of North Carolina School of Medicine in Chapel Hill before completing his internship, residency and fellowship in gastroenterology at Yale-New Haven Hospital. He received the Vincent DeLuca Award twice as Outstanding Teacher of Gastroenterology. He serves as medical director of the Shoreline Surgery Endoscopy Center in Guilford and lectures locally and nationally on diseases of the liver and inflammatory bowel disease.

DR. WAYNE PANULLO is a graduate of Washington University School of Medicine. He completed his internship and residency at Georgetown University Hospital and fellowship in gastroenterology at Jackson Memorial Hospital in Miami. He uses the most advanced proven and minimally invasive techniques to remove large polyps and avoid surgery. He is especially interested in utilizing newer technologies to evaluate reflux and gastrointestinal bleeding.

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PHILLIP S. DICKEY, M.D.

DR. PHILLIP DICKEY is that rare doctor with a broad range of expertise and skills in a field where there is no room for error. He became a neurosurgeon because he finds it exciting, dramatic and intellectually stimulating and says, "You can actually cure a person of something that is really scary. It involves thinking on your feet. It's challenging."

Dr. Dickey, who is in solo private practice, completed his internship and residency at Yale-New Haven Hospital. He is also an assistant clinical professor at the Yale University School of Medicine. Patients find his office setting more tranquil than a hospital atmosphere. He sees new patients on Thursdays and spend a lot of time talking to them, getting them to feel relaxed. Dr. Dickey specializes in spinal surgery, in which he utilizes minimally invasive techniques and modern instrumentation where necessary. He also performs intracranial surgery for meningioma, acoustic neuroma and pituitary tumors where "the technique is so delicate and precise because nerve tissue is involved," he notes.

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Organizations American Association of Neurological Surgeons, Congress of Neurological Surgeons, American Medical Association, Connecticut State Medical Society, New England Neurosurgical Society, Neurosurgical Society of America

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MICHAEL J. FLANAGAN, M.D.

DR. MICHAEL FLANAGAN graduated of Clark University and earned his medical degree from UMDNJ-Rutgers Medical School. He interned and did a two-year general surgery residency at Waterbury Hospital before completing four years of training in urology at Temple University in Philadelphia. He is medical director of Urology Specialists, P.C. and a sub-investigator of the Connecticut Clinical Research Center.

A big part of his practice is the treatment of advanced prostate cancer and enlarged prostates for which he uses several in-office procedures, including the UroLift®. This safe, revolutionary surgical-free and heat-free technique lifts or holds the enlarged prostate so that it does not interfere with the bladder or compromise sexual function.

Although Dr. Flanagan is affiliated with area hospitals, he performs surgery at the accredited ambulatory Waterbury Surgical Center. He also partners with gynecologists, gastroenterologists and endocrinologists to help patients achieve optimum outcomes from various and potential urological-related conditions. "Collaboration is the way to go," he says.

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DAVID J. HASS, M.D., MARK TAYLOR, M.D.

DR. DAVID HASS graduated from Cornell University's Weill Medical College. After his internship and residency at the Hospital of the University of Pennsylvania, he completed a gastroenterology and hepatology fellowship at Montefiore Medical Center/Albert Einstein College of Medicine in the Bronx, New York. Dr. Hass spearheaded efforts to implement new technologies for small bowel and colonic diseases. He was Connecticut's first gastroenterologist to implement the PillCam Colon diagnostic capsule once it received FDA approval. He is editor of the book, Capsule Endoscopy. He treats diseases of the esophagus including Barrett's esophagus, stomach, small bowel, and colon, as well as liver disease, pancreas disorders and inflammatory bowel disease. He offers complementary and alternative therapies in treating gastrointestinal and liver diseases. A certified clinical hypnotist, he employs complementary and alternative medicine for select patients. He is Director of Endoscopy at Yale-New Haven Hospital – Saint Raphael Campus.

DR. MARK TAYLOR attended Tufts University School of Medicine. He completed his GI training at Harvard's Beth Israel Hospital and has a master's in Gerontology from the University of Chicago. He was selected as a "Top Doc" for 9 consecutive years and a "Best Doc" for 23 consecutive years. He is a founder of Gastroenterology Center of CT and Endoscopy Center of Connecticut, the state's first freestanding endoscopy suite. He is editor-in-chief of and contributing author of two gastroenterology textbooks entitled Gastrointestinal Emergencies. His interests include GERD, peptic ulcers, colon cancer screening, and colitis. On staff at Yale-New Haven Hospital and Milford Hospital, he started Physicians Alliance of CT, designed to bring together multi-specialty physician groups and is Chairman of the Board.

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SETH LERNER, M.D.

DR. SETH LERNER was a history major at Columbia College before studying medicine at Boston University. After his internship at Long Island Jewish Hospital in New York, he completed his residency in dermatology at the University of Iowa Hospitals and Clinics. He has developed and patented a surgical instrument known as the Lerner Skin Hook. Dr. Lerner is on staff at Bridgeport Hospital and is an assistant clinical professor of dermatology at the Yale School of Medicine.

Early cancer detection is a prime focus of Dr. Lerner's practice. Recently, he served as an investigator in a multicenter study for the development of a computerized system to identify early melanoma. His practice also offers an array of cosmetic treatments as well as sensitive care for its patients suffering from a variety of skin diseases. After more than 20 years in Connecticut, Dr. Lerner "enjoys working in a practice that caters to children and adults offering personalized care suited to each individual's needs."

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ORTHOPEDIC**MICHAEL A. MIRANDA, M.D., F.A.A.O.S.**

DR. MICHAEL MIRANDA earned his degree from the University of Connecticut School of Medicine and completed a five-year residency in orthopedic surgery at the University of Connecticut. During a year-long trauma fellowship in Pittsburgh, he also participated in the care of the Pittsburgh Penguins. He then completed fellowships in Switzerland and Germany, where the focus was on complex skeletal injuries and osteotomies to preserve bone, even in complicated cases.

He currently specializes in treating acute injuries of shoulders, knees and complex fractures around joints. A significant portion of his practice involves caring for patients who have sustained trauma around the shoulder, particularly rotator cuff tears. As the state's most experienced private practice orthopedist in trauma, he cares for many fractures that don't heal (nonunion) or heal out of alignment (malunion). Although Dr. Miranda performs knee replacements, he prefers to utilize his extensive training in bone

preservation and osteotomies to preserve, rather than replace, joints wherever possible. He lectures worldwide, frequently meeting other experts in this subspecialty as they endeavor to teach "many different skill sets." Dr. Miranda says, "As a result, I learn a lot of different techniques that I can bring back to my operating room."

In addition to being a prolific lecturer and medical writer, Dr. Miranda has been the recipient of numerous awards for exceptional patient care and for teaching, as well as for volunteer work. He was recognized with a humanitarian award by Hartford Hospital and by the American Academy of Orthopedic Surgeons for his work as a volunteer for the U.S. Armed Services in Landstuhl, Germany during the Iraq War. He is also the director of Orthopedic Trauma at Hartford Hospital and international chair of Community Development for the AOTrauma Foundation, a volunteer organization with over 10,000 members.

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SUSAN RICHMAN, M.D., F.A.C.O.G., M.P.H.

DR. SUSAN RICHMAN is a graduate of Queens College, City University of NY and Albert Einstein School of Medicine. She has been caring for women in the New Haven area since her residency and public health training at Yale, in both academic and private practice settings.

She is active in medical school teaching and in local and national political advocacy for women's health. She has volunteered care for the underserved at Indian Health Services, Ecuadorian Catholic missions, and most recently the U.S. Virgin Islands. She strives to optimize both the physical and emotional needs of her patients, throughout the life cycle.

Her partners, Drs. Norman Ravski, Scott Casper, Ljiljana Plisic, Adina Chelouche, Cristina Gioioso-Datta, and Anna Tirado, are board-certified in obstetrics and gynecology. They collaborate with Certified Nurse Midwives Carol Brekus-Watson, Michelle Plyler and Lucy O'Connell for obstetrical care. In addition, County Ob/Gyn is certified to perform in-house ultrasound for obstetrics and gynecology.

Dr. Richman welcomes new patients of all ages to County Ob/Gyn.

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JULIE E. SPIVACK, M.D.

DR. JULIE SPIVACK graduated magna cum laude from Yale University and earned her medical degree from Albert Einstein, where she was elected to AOA, the medical honor society. She completed her residency in medicine and fellowship in gastroenterology at Harvard's Beth Israel Hospital. She pursued additional GI training at New York Hospital followed by a hepatobiliary fellowship at Memorial Sloan Kettering and is board-certified in gastroenterology.

Practicing since 1997, Dr. Spivack was one of the first female GI specialists in Fairfield County and the first to bring expertise in liver disease. She also practices general GI and performs colonoscopies and endoscopies. She prides herself on providing cutting-edge medical care to the local community and has made diagnoses missed by doctors at top medical centers. Most importantly, she listens to her patients. "If I listen well and earn their trust, I can treat their potentially embarrassing problems with great sensitivity. I have been privileged to forge close relationships and have a positive impact on my patients' lives."

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From left, Daria Gorska, Jackson Sheehan and Marcus Manson of Looking In Theatre act in the scene *New Kid* at St. Rita School in Hamden in January.
PHOTOS: ARNOLD GOLD

EVERY DAY IN OUR SCHOOLS, STUDENTS STRUGGLE WITH ISSUES OF RACE, SEX, CLASS, SUBSTANCE ABUSE, MENTAL ILLNESS AND VIOLENCE. ALL ARE DIFFICULT TOPICS TO TALK ABOUT. LOOKING IN THEATRE'S TROUPE OF HIGH SCHOOL ACTORS OFFERS STUDENTS ACROSS CONNECTICUT THE CHANCE TO CONFRONT THESE REAL-LIFE TROUBLES, OPENING THE DOORS TO DIALOGUE.

BY THERESA SULLIVAN BARGER

After a group of teenage actors from Looking In Theatre performed at Trumbull High School a few years ago, a student told his guidance counselor that he was grappling with some of the personal issues portrayed in scenes acted out that day.

He admitted to engaging in risky, self-destructive behavior involving alcohol and sex. Seeing himself in a character on stage made him realize he wanted to change, says social worker Bill Mecca, intervention specialist at Trumbull High.

"This [show] prompted him to talk and reach out to adults," he says. The boy wanted to avoid the consequences of his behavior, and the performance revealed where his life was heading. The student, a junior, worked with his guidance counselor and Mecca for more than a year, and eventually with a private therapist, to address the family issues that had the potential to derail his future. On the cusp of

failing, he pulled up his grades, graduated with his class and is now attending college.

Normally, when Mecca offers to help a struggling student, the response is, "Thanks, but no thanks," he says. "Whereas this kid, the program actually facilitated awareness and prompted him to reach out. That allows us as the social workers to meet him a little further into the change process. We're not dealing with that level of resistance."

For 40 years, Looking In Theatre's dramatic scenes presenting real problems dealing with social, family and personal issues from a teen perspective have ignited transformations like this. In that time, high school actors have performed more than a half-million shows statewide, primarily to upper-elementary, middle and high school audiences, but also to people in prisons and halfway houses, professional therapists and educators. Each summer, new actors are chosen through auditions. They undergo 100 hours of intensive training over five

weeks to learn about every problem that will be portrayed in scenes they create. The vignettes are based on experiences of cast members, their friends and their families. Experts from each of the areas covered, such as bullying, eating disorders and sexual orientation, provide information and insight so that students develop a deep understanding of the issues.

Without props or sets, a rotating, diverse cast of about six actors performs a series of brief, age-appropriate scenes depicting problems pre-teens and teens face but often don't talk about. When performing for elementary grades, vignettes reflect bullying, mean behavior and respect for and acceptance of differences. When performing for teenagers, scenes also portray substance abuse, unhealthy dating relationships, prejudice and stereotypes, self-image and weight, depression and self-harm. Because the student-actors bring their experiences to the scenes, they remain relevant.

After the actors present several scenes, they appear on stage while in character and answer questions from the audience. Director Jonathan Gillman poses follow-up questions to allow the characters to reveal more about their lives.

Operating out of the Greater Hartford Academy of the Arts in Hartford with funding from the Capitol Region Education Council, Looking In includes about 30 high school actors from central Connecticut.

Gillman, the former longtime head of Greater Hartford Arts Academy's theater department, has directed Looking In for the past 32 years. Last year, Looking In Theatre won the 2017 Katharine Hepburn Award, given by the state Commission on Human Rights and Opportunities, for using the arts as a platform for social justice.

"One thing that keeps me going is the effect [of the shows] on our audiences. The actors see that and recognize that, as well," says Gillman, author of a 2017 memoir, *Looking In*. "We know we have changed thousands of lives — even though we don't actually know directly about most of those. To me, that is the highest form of practical art — 'practical' because it helps people and performs a social good. The energy we get back from every audience is incredible, and lets us know we are on track. Basically, we have to prove ourselves every single time, with every single show."

KIDS' LIVES ON STAGE

Before each performance Gillman explains that the actors are playing roles that reflect experiences that audience members may share.

"The scenes deal with some problems. They do not give answers," he tells the audience at Kinsella School of the Performing Arts in Hartford in January. "You're going to see some people doing and saying some things you might not agree with, you think maybe cause more problems. These are the ways some people think, some people behave." He explains that when the actors come back after the scenes, audience members can ask questions about why they did what they did or what happened afterward and they'll answer as their characters.

"The point is not to try to say that what they're doing is right. I think you're going to disagree with many of the things they do and say. But to bring up what are sometimes difficult issues, make them safe or easier to talk about, maybe help you deal with them better if you face them yourselves. Some of what we do is funny; it's supposed to be, but a lot of it is pretty serious. What we hope is it starts you thinking and talking."

At the performance for seventh- and eighth-graders at Kinsella School, teachers had to direct students scattered around the auditorium to sit in the center and near the front. Before the show, students sat back in their seats, talking loudly with their friends. When a teacher began introducing the show, most faces displayed skepticism or boredom. After the scenes, during the Q-and-A, audience members made eye contact with cast members. A girl who had slumped in her seat, face on her hand, looking down while her teacher spoke, sat straight up with eyes glued to the stage. While about 10 hands rose with questions during the first Q-and-



Students at St. Rita School in Hamden ask questions of the cast of Looking In Theatre after the group performed several scenes. **Opposite page:** Casey Wilson, left, and Daria Gorska, center, act in the skit *Gossip*.

A, the second time the actors returned from performing scenes, closer to 20 students waved their hands to ask questions.

In the opening scene a boy named Ryan, played by Aleksei Sandals of Glastonbury, calls to his mother, who is offstage, to tell her it's time to go.

"Mom, you said you'd take me," he says, his face tense. There's a long pause, with no response.

His sister walks in and asks him what's wrong. He hands her a paper.

"You got suspended again. For what?" asks Kat, exasperated.

"That's not important," Ryan says.

"And you have to be there in 15 minutes for a conference."

"Mom's taking me," he responds.

Kat, played by Gianina Lambert of Southington, calls for their mom, the frustration and anxiety in her voice mounting. "Mom! Mom! You have to go," she calls. To Ryan, she says, "I'll bring you. ... She's sleeping right now."

"If she were sleeping, we'd be able to wake her up," Ryan says. "She's drunk."

"Look, you're going to get in even more trouble if you don't go, so come on," Kat pleads.

"Fine," a resigned Ryan says, and they leave the stage.

Silence fills the room.

Looking In's performance starts the conversation. The real work happens after the theater company leaves, when school social workers, psychologists, guidance counselors, teachers and parents work with students who bring an issue to their attention. At one show, a boy turned to his mom in the seat next to him and told her he had been considering suicide, Gillman says.

"After the performances, it can open up wounds," says psychologist Rocio Chang, assistant professor of psychiatry at UConn Health School of Medicine. "I wonder if

everyone in the audience has the opportunity to process it afterward." Gillman tells school administrators hosting Looking In for the first time to expect students to bring their struggles to staff's attention.

Chang has invited Looking In to perform four times at national conferences before an audience of some 400 clinicians. When the actors answer in character about their issues, it gives clinicians a deeper look into what the adolescents in their practice are facing. In a therapist's office, people may be slow to open up, Chang says.

For the past three years, Mansfield Public Schools Superintendent Kelly Lyman, professor of practice for the Neag School of Education at UConn, has invited Looking In Theatre to perform for her students — teachers training to become administrators. The actors give the future administrators an honest look into the lives of the students with whom they will be working.

Although they are experienced educators, they're usually surprised, she says. Hearing the students, in character, speak so openly about their problems gives them greater insight. "I think it opens the teachers' minds," she says.

While it's impossible to measure each show's impact, the dozen or so scenes touch on so many problems to which the audience can relate. After a scene performed at Harvard H. Ellis Technical High School in the Danielson section of Killingly portrayed a girl who was cutting herself, says school social worker Jessica Bibeau, several girls she was meeting with opened up. Two girls within a support group were cutters, with one still actively cutting, she says.

"When you see someone acting it out in front of you, you see that's not OK," Bibeau says. "One of the girls said in a group meeting, 'Oh my gosh, I'm doing the same thing.' She was able to reflect, saying,

'I don't want to be that person. It bothered me watching that happen to her.'" The girl stopped cutting by the time she graduated.

Looking In works, Bibeau says, because it involves human beings who are right in front of the audience, making the issues real and discussing them openly.

Audience members "always start out silly, but then as it progresses, they really ask those tough questions," Bibeau says. "Once the kids start saying the words, it's not as scary anymore. If they can talk about it there, they can probably talk about it with somebody else."

PERMISSION TO OPEN UP

At Kinsella School, following the first Q-and-A session, the scenes resumed. In one, student actors sat in chairs, replicating a classroom where students take turns reading a passage out loud.

One girl suggests that it's Chris' turn to read.

"Don't give it to Chris, he's stupid," says Dante, played by Jomar Diaz, of Hartford.

The text is passed to Chris, played by Dajmon Peele, of New Britain.

Chris struggles to read, stumbling over words.

"How about we speed this up, dummy. OK?" Dante says.

Nervous laughter rolls through the audience.

"Yo, you sound like a scratched disc," Dante says, and laughter erupts.

After more ridicule, Cindy, played by Nina Cabrera of Hartford, tells Dante to leave Chris alone.

"Why don't you shut up, monkey face?" Dante replies. Cindy looks down, remaining quiet.

A collective "Oooh" erupts from some in the audience, while others laugh.

"Time's up. Pass the book," Dante says. "Are you listening? Hey, stupid, are you retarded? Hello, retard, let's go."

Chris jumps out of his chair and yells "SHUT UP!" shoving Dante, who falls to the floor.

As the teacher takes Chris to the office, Dante taunts, "Bye, retard."

Dante faces no consequences for his bullying.

The audience buzzes with conversation as the actors exit the stage.

At the end of every show, Gillman reminds the audience members that by thinking and talking about these topics, they may make better decisions than some of the characters.

"If you are in a situation you don't like, you should tell somebody," Gillman says. "If you can't tell an adult, tell a friend."

Peele, who suggested the dyslexia scene and helped write it, says in an interview following the show that the summer workshops really helped actors deepen



their understanding of the issues covered.

The training is intense and exhausting, but forces actors to face difficult situations, adds Lambert.

"We need to talk about this stuff," she says.

LIFELONG IMPACT

Students who have never seen a Looking In performance generally approach it with skepticism. When Michael O'Bryan saw his first show as a West Hartford eighth-grader, it reminded him of *The Jerry Springer Show*. "This is stupid," he thought. "Why are we watching this?"

Two days later, he says, it unlocked his own struggles. "There was a whole scene around race-based issues," says O'Bryan, who is black. "That was the time I started putting into my own words what it was like to be in a predominantly white school. ... I even had a couple of friends tell me they went to [the guidance department] about issues that Looking In brought up. I was like, 'Oh, snap. I wasn't the only one.' That was the first time I saw art create change on a personal level with subject matter that was important."

O'Bryan became a Looking In actor in high school in 2000 and now works as a project manager for a Philadelphia arts and humanities organization. Seeing the performances reach audiences caused him to view art as a bridge to social justice and healing. He is working with Gillman to start a Looking In program in Philadelphia.

"This stuff can really change people's lives. It opens people up," O'Bryan says. "There is a layer to our humanity that only art might expose people to. That self-reflection is easier to deal with objectively when it's outside of you."

The summer training pulls together high school students from urban, suburban and rural school districts. The teenagers span all backgrounds — socioeconomic, race, religion and sexual orientation. For many actors, it's the first time they've had an in-depth conversation with someone

different from themselves.

"The thing that happens when you find yourself in a diverse group of people, you're really collaborating together," says Bill Fennelly, the original assistant director on the Tony Award-winning *Jersey Boys*, and an associate professor at Drexel University in Philadelphia. "There's a dynamic exchange of ideas, different points of view, different ways of looking at the world." The former Wethersfield resident joined Looking In as an actor in 1990.

"It's a creative and exciting space to be in. You have to start looking at the world through a much wider lens," he says. "It was really intense. There was no place to hide. You had to locate yourself in this group of people. Jonathan created an environment where we all felt safe to explore and create. People from different worlds, different walks of life, were able to hear each other."

Fennelly, now a happily married gay man, sometimes performed the role of a gay teenager. He wasn't out yet, but playing that role helped him understand and accept himself. This was a time before *Will & Grace* and *Modern Family*, and attitudes toward LGBTQ people were less accepting than they are today.

Before a performance in Bridgeport, Gillman gave Fennelly a choice about which character he wanted to play and he chose the gay teen. Audience members shouted taunts when his character came out as gay.

"To stand on stage, to say as a character with dignity and humanity, 'I'm gay,'" Fennelly says. "To be a 17-year-old kid and be empowered in that way: Look at this human being. See their humanity. That Looking In experience changed my life and set me on a path trying to weave theater and social justice together in ways that are impactful."

Although it has been 25 years since his Looking In training, internationally acclaimed playwright Christopher Shinn, a Pulitzer Prize finalist, says he remains grateful for the chance to talk openly about difficult, taboo subjects. Writing scenes provided that window, he says.

"Something about feelings and vulnerability remain difficult for society and individuals, at all age levels. We still have art which, at its best, gives us a way to think about stuff we find difficult to share," says Shinn, who was born in Hartford and raised in Wethersfield. "Looking In did not provide fantasies for audiences like so much pop culture, but rather an accessible entry into challenging territory. I guess there will always be a need for that."

For more information or to bring Looking In Theatre to a school, library or community center, contact Jonathan Gillman at lookingin@crec.org or 860-680-5269. To see a videotaped performance, go to ghaa.crecschools.org/programs/looking_in_theatre. ■



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**MEDICAL SCHOOL**

Boston University School of Medicine
Perelman School of Medicine at the
University of Pennsylvania

HOSPITALS

Bridgeport Hospital
St. Vincent's Medical Center
Griffin Hospital

PROFESSIONAL AFFILIATIONS

American Board of Medical Specialties
American Board of Anesthesiology and
Pain Medicine
Connecticut Pain Society
Accreditation Society of Interventional
Pain Physicians
American Society of Interventional Pain
Physicians
International Spine Intervention Society

RAHUL S. ANAND, M.D.

DR. RAHUL ANAND graduated from Boston University School of Medicine. During his internship in internal medicine at Boston Medical Center, he saw a sickle cell disease patient get quick relief from chest pain with a single epidural. This inspired him to specialize in pain medicine, then still in its infancy as a subspecialty of anesthesiology and, at that time, still called pain management. He did a four-year residency in anesthesiology and pain medicine at the Hospital of the University of Pennsylvania and completed an additional year of fellowship training in the subspecialty of pain medicine. He has a special certification in pain medicine through the American Board of Anesthesiology. He also earned a degree in medical acupuncture from Stanford University. Dr. Anand has been published in journals on pain medicine and anesthesiology and provides expert opinions in this field.

Dr. Anand sees new patient referrals very quickly and offers "a whole spectrum of options" in pain medicine. There are effec-

tive non-opioid multi modal treatment plans that deliver good clinical outcomes with reduced risk. "The concept of just narcotics to treat pain and overly sedate pain is not a paradigm that we use in our comprehensive practice," he says. Pain medicine also encompasses assessing patients from a psychological standpoint for cognitive behavioral therapy, coping skills, breathing techniques, and even vocational training education.

Other pain medicine options include thermal rhizotomy (RFA) for chronic neck and lower back arthritis, spinal cord stimulation for unsuccessful back surgery and targeted-epidural injections for disc herniations. Dr. Anand also has experience with cancer pain management, post-surgical pain syndromes, cervicogenic-headaches, and shingles. He also offers clinical trials and complimentary alternative medicine (CAM), including medical acupuncture and core-exercise education. Dr. Anand is well-regarded as a conservative and comprehensive pain specialist among his peers.

CONNECTICUT PAIN AND WELLNESS CENTER, LLC

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300 Seymour Ave., Ste. 105, Derby • (203) 319-9355 (WELL)
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**MEDICAL SCHOOL**

Cornell University Medical College

HOSPITALS

Bridgeport Hospital
(Chief of Allergy Section)
St. Vincent's Medical Center

PROFESSIONAL AFFILIATIONS

American College of Allergy,
Asthma and Immunology
American Academy of Allergy,
Asthma and Immunology
Connecticut Allergy and Asthma Society
Fairfield County Medical Association
Connecticut State Medical Society
American Medical Association

KENNETH S. BACKMAN, M.D.

DR. KENNETH S. BACKMAN understands firsthand how his patients feel. "I have suffered with nasal allergies, asthma and food allergies myself since childhood," he says. He founded Allergy and Asthma Care of Fairfield County with the goal of helping patients feel better with the most effective treatments available.

Dr. Backman earned his B.S. cum laude with distinction in biology at Yale and his medical degree from Cornell before completing his internship and residency at the University of Chicago Hospital. He completed a fellowship in adult and pediatric allergy and immunology at Northwestern Memorial and Children's Memorial hospitals in Chicago. Board-certified in allergy and immunology, he is a clinical instructor at Columbia, and chief of the section of allergy at Bridgeport Hospital. He has published numerous articles on allergies and served on the editorial board of the *Annals of Allergy, Asthma, and Immunology*.

Dr. Backman and colleagues Drs. Irena Veksler and Katherine

Bloom trained at top academic hospitals, where they treated patients with a wide variety of allergies. They coordinate care of adult and pediatric patients with other providers. In their comfortable, state-of-the-art office (which offers extended hours), they offer compassionate, personalized care and an advanced, academic-center-quality approach to determine what triggers symptoms and provides relief. Dr. Backman notes that many people "don't take allergies seriously" and often ignore them until they cause other problems. Allergies can lead to recurrent sinus infections, and "sinusitis can trigger asthma, ear infections and other complications," he explains. "Asthma can be life-threatening when undertreated. There are many measures you can take that are specifically geared to the allergies you have. I understand as a physician and as a patient what my patients experience, and I am fully committed to helping them control or conquer their allergies with the best treatments available."

ALLERGY & ASTHMA CARE OF FAIRFIELD COUNTY, LLC

55 Walls Dr., Ste. 405, Fairfield • (203) 259-7070

500 Monroe Tpke., Ste. 205, Monroe • (203) 445-1960

allergyandasthmacare.com



MATTHEW CANTNER, D.M.D. CRAIG FOISIE, D.M.D., M.S. TATYANA OKS, D.D.S.

There are few periodontal and dental implant practices anywhere that bring to the table the decades of experience of both doctors and staff that River Valley Periodontics & Implant Dentistry offers. With over 70 years' combined experience in periodontal and implant therapy, it is difficult to find a clinical situation we have not encountered and treated successfully. Continually striving to provide each and every patient the finest, gentlest, most up-to-date and quality treatment in a caring environment is our number one goal. With that in mind, we work very closely with our referring doctors in a team approach to total patient care. When appropriate, laser therapy and other minimally-invasive techniques are offered for a gentle approach to the treatment of periodontal diseases. And for apprehensive patients, various forms of sedation are available to make the process painless.

DR. MATTHEW CANTNER completed his DMD degree and periodontal residency at the University of Pennsylvania, where he received the Director's Award for Top Resident and highest achievement from the Northeast Society of Periodontics.

RIVER VALLEY PERIODONTICS & IMPLANT SURGERY, LLC

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DR. CRAIG FOISIE earned his DMD at Boston University, a certificate in Advanced Education in General Dentistry from the Naval Dental Center in Norfolk, VA, a certificate in periodontology from the Naval Postgraduate Dental School in Bethesda, MD, and a master's in oral biology from George Washington University. He is a past president of the Connecticut Society of Periodontists.

DR. TATYANA OKS earned her DDS from Columbia University, continuing her post-doctoral training and earning a master's degree in periodontics and implant surgery there as well. She has served on Dean's Faculty at the University of Maryland dental school, where she taught clinical periodontics.

DR. J.L. (LEE) CANTNER II earned his DMD from the University of Pennsylvania and did his residency in periodontics at Boston University. He held a faculty position at Penn, taught at the US Public Health Service and worked in private practice in Philadelphia prior to joining the practice in 1978.

**MEDICAL SCHOOL**

State University of New York at Buffalo

PROFESSIONAL AFFILIATIONSBridgeport Hospital
St. Vincent Medical Center

RONIKA D. CHOUDHARY, M.D., F.A.C.O.G.

DR. RONIKA CHOUDHARY has been recognized for nine consecutive years by Connecticut Magazine as a Top Doc with a specialty in obstetrics and gynecology. She has been providing a holistic approach to women's health care by working with naturopaths, nutritionists and therapists. She is well known for her compassionate care to women in a nurturing setting.

Dr. Choudhary has envisioned a wellness model where patients could receive care for the whole person in one setting throughout the year. This vision is underway to becoming a reality with the opening of her wellness center, Luminous LLC. Dr. Choudhary and her team realize that beauty begins from within. Luminous LLC emphasizes inner well-being as well as outer beauty with support groups for women who are postpartum, menopausal or interested in weight loss. Capable providers will provide therapy, nutritional counseling, naturopathic medicine as well as meditation, just as in her obstetrics and gynecology practice. Luminous LLC will also provide cosmetic procedures such as CoolSculpting for body contouring as well

as fillers and injections for facial enhancement. There will also be an emphasis on good skin care to keep women feeling luminous! This unique experience will allow women to address virtually all their health and wellness needs in one setting.

Dr. Choudhary retains a dedicated team of doctors who follow her approach. The multicultural group of providers reflect their diverse patient population and speak English, Spanish, Punjabi, Telugu, and Hindi. They share her goal to empower women when it comes to health and well-being through every stage of life.

"I believe women's concerns are not often heard," she says. Maintaining a youthful appearance is as important to many women as it is to maintaining a conventional healthy lifestyle. Dr. Choudhary and the other providers in her practice listen attentively to patients and evaluate their personal circumstances, habits and stressors that affect their overall health and well-being.

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(203) 268-2239 • womensobandgyn.com • luminousct@gmail.com

**MEDICAL SCHOOL**

Obafemi Awolowo University College
College of Health Sciences

HOSPITAL

Yale-New Haven Hospital

PROFESSIONAL AFFILIATIONS

American College of Chest Physicians
American Thoracic Society
American Association of Sleep Medicine

MICHAEL IMEVBORE, M.D., F.C.C.P.

DR. MICHAEL IMEVBORE graduated from the College of Health Sciences at Obafemi Awolowo University College in his native Nigeria. He did his internship and residency at the Unity Health System/University of Rochester Internal Medicine Program. He completed a pulmonary fellowship at the Norwalk Hospital/ Yale University Pulmonary Diseases and his critical care fellowship at Yale University.

Dr. Imevbore knows first-hand what it is like to live with breathing problems. He suffered from severe asthma as a child. He couldn't play sports. He couldn't go swimming. He stayed at home and read a lot and decided early on that "there has to be better treatments" so people can live fuller, more active lives.

He notes that despite the ban on cigarettes in many places, there are still many smokers of e-cigarettes and marijuana and are suffering from pulmonary issues. There are also more environmental allergies that go beyond the traditional allergy season that make people have chronic breathing problems all year long.

Whatever the reason for their lung problems, he is committed to helping them.

"I give my patients as much time as they need," says Dr. Imevbore, letting them talk and asking as many questions as they have. Some patients, he notes, forget which other doctors they have seen and the instructions they received. He does a lot of research on their medical history so that he can evaluate them accurately and provide the best course of treatment. He also takes the time to explain in detail what that treatment is and how it works. Many patients, he says, don't use inhalers properly or regularly because they don't think they see results or stop once they feel better. He uses the analogy of taking medication for blood pressure or cholesterol and reminds them that they don't feel that the pills are working, but they are. Dr. Imevbore also makes sure he is available to his patients, often seeing them after standard office hours. "Availability is key," he says. "We do what works for the patient."

CONNECTICUT PULMONARY SPECIALISTS

46 Prince St., Ste. 306, New Haven • (203) 786-5067 • ctpulmonaryspecialists.com



Left to right Dr. Edward B. Paraiso, Dr. Nicholas A. Viner, Dr. Robert P. Weinstein. Missing from photo is Dr. Jeremy D. Kaufman

EDWARD B. PARAISO II, M.D., NICHOLAS A. VINER, M.D., F.A.C.S., ROBERT P. WEINSTEIN, M.D., JEREMY D. KAUFMAN, M.D.

Drs. Edward Paraiso II, Nicolas Viner, Robert Weinstein, Jeremy Kaufman and partner Howard I. Zuckerman and PAs Jessica Martins and Jenna McDonald of Urological Associates of Bridgeport offer advanced treatments to ensure the highest urological care for men, women and children. Services include robotic and minimally invasive surgery for the prostate, kidney and bladder, advanced treatments for benign prostatic hyperplasia, no-scalpel vasectomy, male sexual health and infertility, urinary incontinence and voiding dysfunction, and stone disease.

DR. JEREMY KAUFMAN graduated from the University of Michigan with honors. He earned his medical degree from Cornell University, and completed his residency through New York University Medical Center at Bellevue Hospital and Manhattan Veterans Administration Hospital. He further received specialized training in the fields of male infertility and microsurgery. He is one of the few doctors in the area specially trained in no-scalpel vasectomy. He also offers minimally invasive treatment of kidney stones, urinary incontinence and benign prostatic hypertrophy.

DR. EDWARD PARAISO II graduated with a bachelor's from SUNY Albany and medical degree from Albert Einstein

UROLOGICAL ASSOCIATES OF BRIDGEPORT

160 Hawley La., Ste. 002, Trumbull • (203) 375-3456

281 Seaside Ave., Milford • (203) 301-0881

College of Medicine with distinction in research. He completed residencies in general surgery and urology at SUNY Downstate Medical Center. A member of the American Urological Association, Endourological Society and Society of Laparoendoscopic Surgeons, he practices general urological oncological surgery, robotic cystectomy, partial nephrectomy, and prostatectomy.

DR. NICHOLAS VINER earned his bachelor's from The College of Holy Cross and medical degree from Vanderbilt University School of Medicine. He completed residencies in general surgery at Greenwich Hospital and urology at Vanderbilt Hospital. He is board-certified in urology and a fellow of the American College of Surgeons.

DR. ROBERT WEINSTEIN received his bachelors, magna cum laude, from SUNY Albany and medical degree, magna cum laude, from SUNY Health Science Center. He is a member of the American Urological Association, American Medical Association and Society of Laparoendoscopic Surgeons. He says, "Some of the most important attributes of our practice are the comprehensive approach and technological advances that ultimately bring great benefit to our patients."

52 Beach Rd., Ste. 205, Fairfield • (203) 255-6825
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Left to right Brian Sheets DO,
Tyler Ferraro PA-C, Steven A.R. Murphy MD,
Barbara Kodzodziku PA-C

MEDICAL SCHOOL

New York Medical College

HOSPITAL

Greenwich Hospital

Stamford Hospital

PROFESSIONAL AFFILIATIONS

American Board of Internal Medicine (Diplomate)

American Board of Obesity Medicine (Diplomate)

American Medical Association

Community Medical Group

Obesity Medicine Association

Greenwich Physicians Association

DR. STEVEN A.R. MURPHY

DR. STEVEN MURPHY earned his degree from New York Medical College. His internship at Mount Sinai Hospital focused on medical genetics and pediatrics. He completed his residency at Greenwich Hospital and was a clinical fellow in medical genetics at Yale School of Medicine. He serves on the oversight board of the Coriell Personalized Medicine Collaborative and Pharmacogenomics Advisory Group. He was featured in national consumer publications and on Bloomberg Television and Z100. He is featured in the book, *An Immense New Power to Heal*.

Dr. Murphy is the founder of Murphy Medical Associates, a unique organization of multispecialty medical practices that provide personalized medicine. Dr. Murphy, and his team which includes Dr. Brian Sheets and Physician Assistants Barbara Kodzodziku and Tyler Ferraro of North Stamford Medical Associates and Diagnostic & Medical Specialists of Greenwich use precision medicine to maximize patients' health. "Put concisely, we take your DNA and family history, identify your risks and reduce them by early detection and modification of your environment," Dr. Murphy explains. "We do this through use of excellent clinicians and outstanding diagnostic tools --

MURPHY MEDICAL ASSOCIATES

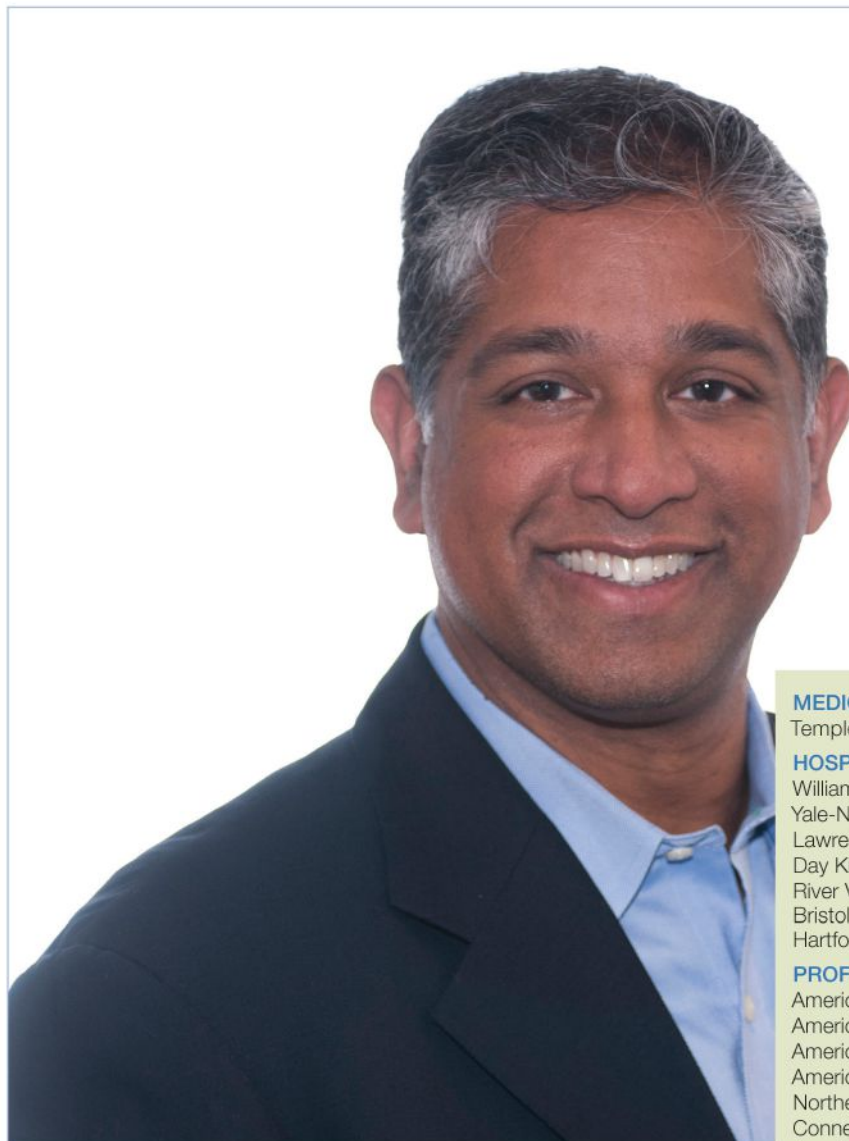
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Allergy/Asthma and Ultrasound Testing • 90 Morgan St., Stamford

Diagnostics and Medical Specialists • 1 E. Putnam Ave., Greenwich • (203) 340-9611 • greenwichdocs.com

ultrasound, echocardiography, molecular and laboratory testing, allergy identification of foods and environment, good old-fashioned medicine tailored for the twenty first century."

The practices offer all of their patients the private and personalized care that has long only been available to patients in exclusive concierge practices. Onsite radiology and laboratory in both Greenwich and Stamford provides patients access to almost immediate results. North Stamford Medical Associates and Diagnostic & Medical Specialists offer both early morning, evening and walk-in appointments every day for routine and urgent care appointments, ultrasounds, IV Infusions and allergy, respiratory, flu, and blood testing. Patients benefit from receiving their results in as little as 30 minutes versus having to wait days or weeks for an appointment before starting treatment. In addition to providing preventative medicine, the groups offer women's health, adolescent medicine, pain management, medical weight loss, nutritional medicine, IV therapy, and other specialty services. Dr. Murphy sums it up with, "Your genetics are the blueprint and environment decides what side of the house goes up first."

**MEDICAL SCHOOL**

Temple University School of Medicine

HOSPITALS

William W. Backus Hospital
 Yale-New Haven Shoreline Medical Center
 Lawrence + Memorial Hospital
 Day Kimball Healthcare
 River Valley Ambulatory Surgery Center
 Bristol Hospital
 Hartford Hospital

PROFESSIONAL AFFILIATIONS

American Board of Plastic Surgery (Diplomate)
 American Board of Surgery (Diplomate)
 American Society of Plastic Surgeons
 American College of Surgeons (Fellow)
 Northeastern Society of Plastic Surgeons
 Connecticut Society of Plastic Surgeons
 American Medical Association
 Connecticut State Medical Society

VINOD V. PATHY, M.D., F.A.C.S.

DR. VINOD PATHY earned his B.S. in biology at Yale University before graduating Temple University School of Medicine. He completed his internship, residency, and chief residency in general surgery at Montefiore Medical Center/Albert Einstein College of Medicine and was selected to continue his training there for one of a few plastic surgery positions in NYC.

Specializing in both aesthetic and reconstructive breast and body procedures, Dr. Pathy is Director of Breast Reconstruction Services at William W. Backus Hospital in Norwich. He is one of Connecticut's few plastic surgeons who performs microvascular perforator free flap breast reconstruction, including the DIEP (Deep Inferior Epigastric Perforator) flap, which uses a patient's abdominal skin and fat in order to reconstruct her breast without sacrificing her muscle. This technically demanding post-mastectomy procedure results in a long-lasting, natural-looking breast and expedited recovery, but "it requires a truly dedicated team in all facets, which I have been fortunate to have worked with for years," he notes. "We take pride in being able to elevate a woman's psychological and physical well-being from often her

lowest emotional point when she first walks through our doors."

Dr. Pathy also commonly performs other breast procedures, including augmentations, reductions and lifts, as well as abdominoplasties, liposuction, and general body contouring. To limit discomfort and minimize bruising, he often performs liposuction with Smartlipo, a minimally invasive technique which uses a laser fiber to melt fat and tighten skin before gently removing the fat. With Smartlipo, no general anesthesia is necessary. He also offers skin cancer excisions and closures, as well as facial injectable procedures, such as Botox® and dermal fillers, including Juvéderm® and Voluma®.

Recently, Dr. Pathy was awarded a patent for a medical device he developed from inception that improves illumination in the operative setting. The lighting device attaches to a tool during surgery, providing directed light to where a surgeon is operating. The device not only improves a surgeon's visible field, but it can also provide economic advantages for the patient, hospital, and even healthcare system.

NORTHEAST PLASTIC SURGERY CENTER

5 Davis Road East, Old Lyme • 860-390-6000 • northeastpsc.com



Left to right Janette Delgado,
Dr. Terry Reardon, Keri Klink,
Jaci McManus

MEDICAL SCHOOL

University of Virginia School of Medicine

HOSPITAL

Middlesex Hospital

PROFESSIONAL AFFILIATIONS

American Academy of Orthopedic Surgery
New England Orthopedic Society
Connecticut Orthopedic Society
Connecticut State Medical Society
Middlesex County Medical Association

TERRY F. REARDON, M.D.

DR. TERRY REARDON graduated from Tufts University with a bachelors in bio-psychology and classics, and where he played ice hockey. He earned his medical degree from the University of Virginia School of Medicine. He completed his residency in orthopedic surgery at the University of Massachusetts Medical Center and did a fellowship in sports medicine at the New England Baptist Hospital, at the time, the hospital of the Boston Celtics.

Board-certified by the American Board of Orthopaedic Surgery, Dr. Reardon has more than 24 years of experience in specialized shoulder surgery, including advanced arthroscopic rotator cuff repairs and shoulder replacements. Although Dr. Reardon offers the full array of joint replacement options including minimally invasive hip and knee replacements, he prides himself on offering general orthopedic procedures such as endoscopic carpal tunnel releases. He now also performs robotic assisted partial knee replacements. The robotic technique can position and align the replacement knee accurately so that it

can perform as naturally as possible. With this type of knee replacement surgery, patients often have less post-operative pain and recover more quickly. He personally performs traditional knee replacements for patients who are not prime candidates for robotic surgery. In addition, he may use 3D guides in qualified patients before performing surgery for accurate size and placement.

Dr. Reardon is proud that Orthopaedic Associates is a smaller practice where people can spend more time consulting with doctors than in a larger group. The practice is located in a LEED certified office that was designed and built specifically for orthopedic patients. Orthopaedic Associates also offers a walk-in URGENT ORTHO service where patients can be seen for emergency orthopedic complaints without an appointment. "I feel the success of our practice is based on the professional work ethic of our excellent staff and the expertise and compassion of our providers which include my partners and physician assistants."

ORTHOPEDIC ASSOCIATES

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Lakebrook Medical Center, 5 Pequot Park Rd., Westbrook • (860) 399-0245 • oamct.com
URGENTOrtho Orthopedic Walk-in Center, 512 Saybrook Rd., Middletown • (860) 704-6000

**MEDICAL SCHOOL**

New York Medical College

HOSPITALS

Bridgeport Hospital - Yale New Haven Health

Norwalk Hospital

Surgery Center of Fairfield County

ORGANIZATIONS

American Society of Plastic Surgeons

American College of Surgeons (Fellow)

American Society for Aesthetic Plastic Surgery

Connecticut Society of Plastic Surgeons

Fairfield County Medical Association

TITO L. VASQUEZ, M.D., F.A.C.S.

DR. TITO VASQUEZ specializes in aesthetic plastic, reconstructive and hand surgery. A graduate of Trinity College and New York Medical College, he served as Battalion Surgeon in the U.S. Navy. He did his residency at Nassau University Medical Center and the Long Island Plastic Surgery Group and completed a specialized fellowship in hand and microsurgery from the Hospital for Special Surgery in Manhattan. He did rotations at prestigious institutions including the University of Pennsylvania, Children's Hospital of Philadelphia, Cornell-Weill Medical Center, Memorial Sloan Kettering, St. Luke's Hospital, and the National Naval Medical Center.

Dr. Vasquez is a member of the American Society of Plastic Surgeons (ASPS) and the American Society for Aesthetic Plastic Surgery (ASAPS). He is President-Elect/Vice President of the medical staff at Bridgeport Hospital. He served for several years on the Emerging Trends and Hot Topics Committee (ASPS), discussing new and emerging plastic surgery procedures and technology. He has given numerous lectures and grand rounds regarding his specialty and mentors and instructs residents,

physician assistants and students.

He is passionate about breast surgery, facial aesthetics and body contouring and offers non-invasive fat reduction services, injectables, medical grade IPL, and laser treatments. His office features 3D virtual simulation software to see a patient's own post-surgical results. He offers a multitude of implant options and can harvest a patient's own tissue for reconstruction. He often evaluates and treats complicated and "botched" surgeries as well as complex reconstruction.

Dr. Vasquez and his staff offer a comfortable and non-pressured environment in his Southport location. Every person who is seen at his practice receives highly individualized and personal attention and expert advice. He prefers to perform Botox and injectables personally and urges patients to do the appropriate research regarding an injector's credentials and experience. He treats all his patients with compassion. The vast majority of his patients come from word-of-mouth or other physician's referrals, attesting to his outstanding reputation in the area.

CONNECTICUT PLASTIC SURGERY GROUP

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DAVID BOISONEAU, M.D. FRANK DELLA CONO, M.D.

DR. FRANK DELLA CONO and DR. DAVID BOISONEAU practice adult and pediatric otolaryngology at Ear Nose and Throat Associates of Southeastern Connecticut, a practice that has been in existence for about 70 years.

DR. DELLA CONO graduated cum laude from the University of Connecticut. He earned his M.D. from UConn School of Medicine and completed his five-year otolaryngology training program there. He offers high quality care in all areas of ear, nose and throat disorders. He does surgical management of thyroid and sinus disease, as well as the full scope of pediatric ENT disorders. He has been a practitioner of endoscopic sinus surgery since its infancy and is always current on new techniques.

DR. DAVID BOISONEAU graduated cum laude from the University of Vermont and earned his medical degree from UConn before completing a five-year residency in otolaryngology there. He treats adults and children for most ear, nose and throat disorders, including sinus disease and thyroid disorders. He is immediate past president of the Connecticut ENT Society, and remains active to learn about new techniques, insurance trends and superior practice management.

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JACK DEGRADO, D.D.S.

DR. JACK DEGRADO graduated from Columbia College of Dental Medicine. He completed his residency at Manhattan VA hospital and trained in implantology at Brookdale University Hospital and prosthodontics at Montefiore Medical Center.

Dr. DeGrado provides a superior alternative to dentures for people who have had teeth loss. People with dentures only have 10 percent of their chewing capacity because the "dentures are sitting on soft tissue," he notes. "With implants, it's 90 percent," and restored teeth don't slip out while eating, as dentures do. Adding back functioning teeth adds five years to their life, he claims. The 3D Cone Beam Computed Tomography (CBCT) gives him accurate images of bone, roots, anatomy, and causes of problems that are below teeth and gums. He uses BIOLASE to do fillings without anesthesia and gum surgery without cutting, sutures, periodontal packs, swelling, pain, or bleeding.

He hosts Dentistry from the Heart, providing free dentistry to the community. He also supports Operation Smile, which provides surgeries for children born with cleft palate.

Dental School Columbia College of Dental Medicine **Organizations** American Dental Association, American College of Prosthodontists, Connecticut State Dental Association, American Academy of Implant Dentistry

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SANJAY K. GUPTA, M.D., FRCS, FRCS (ORTH)

DR. SANJAY GUPTA graduated JIPMER, a top medical school in Pondicherry, India. He completed his orthopedic residency and earned a master's in Orthopedic Engineering from the University Hospital of Wales in Cardiff. He completed a fellowship in hip and knee reconstruction at the Hospital for Special Surgery and Lenox Hill Hospital. A clinical assistant professor at the University Of Vermont School Of Medicine, he serves as chief of section of orthopedics and medical director for joint replacement at Danbury Hospital.

Dr. Gupta specializes in adult reconstruction of the hip and knee including complex primary and revision joint replacement surgery. He also performs robotic assisted joint replacement surgery. He is one of the few surgeons who offers outpatient joint replacements. This rapidly evolving concept, he claims, is "good for the patient who is otherwise relatively healthy and economical." With minimally invasive techniques, advances in pain management and rapid rehabilitation protocol, he can send patients home within few hours of their outpatient joint replacement surgery.

Medical School Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER)

Hospital Danbury Hospital **Organizations** American Association of Orthopedic Surgeons, American Association of Hip and Knee Surgeons, Intercollegiate Specialty Board (Fellow) of the Royal College of Surgeons (Glasgow)

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JEFFREY N. KAPLAN, M.D. JEFFREY R. SANDLER, M.D.

DR. JEFFREY KAPLAN received the "Top Doctor" award for nine consecutive years by the Consumers' Research Council in the Guide to America's Top Ophthalmologists. After completing his ophthalmology residency at NYC's Downstate Medical Center, he completed a prestigious fellowship in innovative eye surgery including advanced cataract surgery.

He has performed more than 16,000 cataract surgeries, including many specialty procedures to reduce the need for glasses. "Doctors and patients have different choices when it comes to the type of lens that is implanted during cataract surgery," he notes. "I take the time to make sure that I can maximize the outcome and that the patient's goals and mine coincide."

DR. JEFFREY SANDLER completed his ophthalmology residency at George Washington University Medical Center. He specializes in treating dry eyes, blepharitis, glaucoma, corneas, eye emergencies, and trauma, and does complex contact lens fittings. He has been the president of the state eye society and Connecticut councilor to the American Academy of Ophthalmology.

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KENNETH R. MAUER, M.D., FACP, FACG, FAGA STRICK J. WOODS, M.D.

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KENNETH MAUER, M.D. graduated from New York University School of Medicine and completed his fellowship in gastroenterology at Mount Sinai Medical Center. He has expertise in endoscopic retrograde cholangiopancreatography, capsule endoscopy and diagnosing and treating Crohn's disease and ulcerative colitis. He is a Fellow of the American Board of Internal Medicine, the American College of Gastroenterology and the American Gastroenterological Association.

STRICK WOODS, M.D. graduated from the Bowman Gray School of Medicine at Wake Forest University in North Carolina. He completed fellowships in gastroenterology at Yale and New York Medical College. Dr. Woods has expertise in colonoscopy, endoscopy and general gastroenterology as well as clinical research. In addition, Dr. Woods is active in the community, serving as an advisor and board member for several local care-oriented organizations. He is board certified in gastroenterology.

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RAJI MULUKUTLA, M.D.

DR. RAJI MULUKUTLA received her Master's Degree in Public Health from Johns Hopkins University and went on to attend medical school at Ohio State University. During this time she developed an interest in ophthalmology and ultimately completed an ophthalmology residency at Temple University Hospital in Philadelphia. Dr. Raji has been practicing in central Connecticut for over 20 years.

Dr. Raji's surgical practice is focused on advanced cataract surgery, including complex cases and placement of advanced technology intraocular lens implants. She has done over 7000 small-incision cataract surgeries, and is now performing state-of-the-art, laser assisted cataract procedures. Her other interests include laser treatments for glaucoma, treatment of diabetic retinopathy, and cosmetic procedures such as Botox, fillers, and upper eyelid surgery. Dr. Raji believes that whatever the procedure, a successful outcome depends as much on the quality of communication between physician and patients as it does on the surgeon's skill. "I love my job, and consider it a privilege to work with my patients to improve their quality of life."

Medical School Ohio State University College of Medicine **Hospital** Hartford Hospital, Middlesex Hospital **Organizations** American Academy of Ophthalmology, American Society of Cataract & Refractive Surgeons, Connecticut State Medical Society, Middlesex County Medical Association (Past President), Connecticut Society of Eye Physicians

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GREGORY PEARSON, M.D., Ph.D.

DR. GREGORY PEARSON earned his bachelor's in chemistry summa cum laude from Harvard University, followed by a M.D./ Ph.D. in microbiology and molecular genetics. He interned at Boston City Hospital and completed his residency and fellowship in Diagnostic Radiology/Thoracic Radiology at Brigham and Women's Hospital.

He is passionate about thoracic and cardiac radiology and proud to be the lead radiologist in Stamford Health's Lung Cancer Screening program. The program, which also includes thoracic surgeons, pulmonologists and oncologists, is one of the largest in the area. "Lung cancer screening has been shown to save lives through early detection," he says, but "only about three percent of people nationwide who are eligible get screened. There's a huge unmet need here." He notes that people who qualify for lung cancer screening may be able to get it for free. "We are finding potentially curable cancers every year. This is why I went into medicine. If eligible patients were screened at the rates we see in mammography," he adds, "we could save many additional lives a year."

Medical School Harvard Medical School **Hospital** Stamford Hospital/Aris Radiology

Organizations Radiological Society of North America, Society of Thoracic Radiology

GREGORY PEARSON, M.D.

Stamford Hospital, One Hospital Plz., Stamford
(203) 276-2663

**RICHARD JUSTIN THOMS, M.D., FAAOS**

DR. R. JUSTIN THOMS graduated from Kenyon College with a B.A. in chemistry and philosophy. After graduating Weill Cornell Medical College, he did his internship and residency at North Shore-LIJ in New York. He completed the Aufranc fellowship in adult reconstructive surgery at the New England Baptist Hospital in Boston. He is co-director of the Joint Replacement Center at Lawrence + Memorial Hospital in New London.

Dr. Thoms practices at Orthopedic Partners, specializing in orthopedic treatment of arthritis for knees, hips, and shoulders. This includes nonsurgical treatment modalities as well as a high volume of knee, hip, and shoulder replacements. His experience enables his patients to have better outcomes after joint replacements with lower complication rates and less pain. "The goal is to get people enjoying their life without pain from arthritis. For some patients, surgery is the best option." He also performs revision surgery for patients who have had previous surgery, including joint replacements that have worn out or failed.

Medical School Weill Cornell University Medical College **Hospital Affiliation** Lawrence & Memorial Hospital

Organizations American Association of Orthopedic Surgeons

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**ABRAHAM C. YALE, D.P.M., F.A.C.F.A.S.**

DR. ABRAHAM YALE, a Connecticut native, earned a B.A. in biology at Wesleyan University and graduated cum laude with a B.S. and D.P.M. at the Illinois College of Podiatric Medicine. He completed his residency in podiatry at the Hugar Surgery Center in Chicago and is board-certified in foot surgery. He is in his 37th year of private practice, with locations in Fairfield, North Haven and Greenwich.

Dr. Yale uses the newest, proven technology 'to its fullest' to help patients get relief from foot pain. Examples include laser treatment for toenail fungus, breakthrough Dermagraft technology to heal wounds in diabetics, and weekly treatments with shock wave therapy to treat heel pain within a few months. He partners with superior labs to produce custom molded orthotics with a 90 percent success rate. Dr. Yale has been voted Top Doc annually from 2010 to 2017.

Medical School Illinois College of Podiatric Medicine **Hospital Affiliation** Bridgeport Hospital

Organizations American College of Foot and Ankle Surgeons (Fellow), Connecticut Podiatric Medical Association, American Podiatric Medical Association

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A Taste of Place

Stone Silo's cheese artisan Katie Gilmore (right) hand-crafts cheese redolent of the lush Connecticut pastures her goats graze on. As her small goat herd produces milk during spring and summer, the Woodbury farm's offerings reflect abundance: fresh chèvre and feta abound. The summer's milk, come fall, is transformed into aged cheeses – evoking a taste of sun-warmed meadows in June. A discerning palate matched with a scrupulous buying ethic guides Lisa (left), our cheese aficionada, to seek out cheeses like Stone Silo's for New Morning's customers. Cheese made with one farm's season of milk has terrior, a taste of that place, just like fine wine. From our robust assortment of imported artisan-made cheeses to those produced locally, Lisa ensures that each cheese chosen meets our standards and, of course, is delicious.

New Morning's commitment to partnering with regional producers is evident throughout the store: from farm-fresh organic vegetables and small-batch grocery items to pastured, humanely-raised eggs and meat.

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the connecticut table

REVIEWS, FEATURES, RESTAURANT LISTINGS

Stephen Lewandowski, owner and chef of Harlan Haus in Bridgeport, with some of the beers he offers, including his own Harlan Honey Kolsch, center front. Do you dare get the 2-liter Das Boot?

PHOTOS: MARA LAVITT

Haus Rules

DOWNTOWN BRIDGEPORT'S HARLAN HAUS IS A GERMAN BEER HALL AND MUCH MORE

BY ERIK OFGANG



The term German beer hall conjures up, for me at least, images of lederhosen-clad waitstaff, accordion waltzes and cartoonishly big beer steins all coming together in a fun and playful atmosphere.

Harlan Haus, the new German beer hall in downtown Bridgeport from the team behind Harlan Social in Stamford and Harlan Publick in Norwalk, is a decidedly different beast. It's kept the fun and the cartoonishly big steins, but that kitschy schtick is nowhere to be found.

Housed inside the historic former People's Bank building on State Street, the 7,000-square-foot space is open and lofty with ceilings just over 40 feet high and white tile walls. Multicolored lights shine from a 20-foot, stage-lighting rig and iron chandeliers hang from the ceiling, casting a glow over a lively bar area with long wooden communal tables.

Altogether the space has a feel that is both retro and modern; it's the type of place you can imagine a German heavy metal band performing or that could serve as a setting in a spy film set in Europe.

The food is also a bit different from what you might expect at a standard German beer hall. Modern twists have been added to classic cuisine without taking away its comfort-food roots.

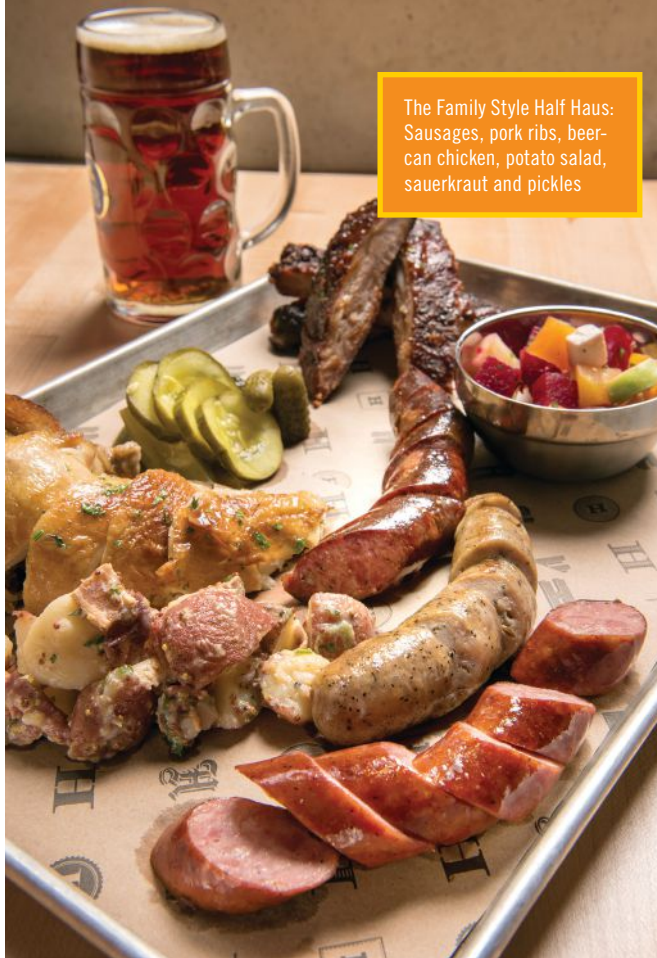
Bigger than a frisbee, the Bavarian pretzel is a beer-hall dream come true. Thick, soft, warm and doughy, this house-baked pretzel comes brushed in fresh clarified butter and is topped with high-quality sea salt.

The heart of the menu comes from the Wurst Bar, a striking wooden counter in one corner of the restaurant. We tried the knockwurst and kielbasa, both fun and enjoyable and even more so when paired with sides (each comes with two) such as pickled jalapeños and sauerkraut.

There is also a section of the menu devoted to what the restaurant



Harlan Haus
Bridgeport



The Family Style Half Haus: Sausages, pork ribs, beer-can chicken, potato salad, sauerkraut and pickles



Harlan Haus' 7,000-square-foot dining area was the former home of People's Bank.

terms "Craft Wursts." These cross-culture varieties include spicy Italian pork, duck and foie gras, and chorizo. All the wursts can be ordered from your server or a la carte from the Wurst Bar.

As the craft wurst options make clear, this restaurant is inspired, but not bound, by Germany.

"The menu is all over Europe," says chef and owner Stephen Lewandowski. In a nod to Lewandowski's Polish heritage, pierogies are offered, and because it's a bar in America, you'll find dishes such as dry-rubbed, smoked chicken wings.

Hungarian pork goulash served over pappardelle pasta impressed. Lewandowski adds more vegetables than traditional goulash calls for. The result is a rich and earthy slow-cooked stew that goes well over the pasta with a side of sour cream.

The spit-roasted half-chicken, brined in dunkel beer and served with sauerkraut and baby beet salad, was solid if somewhat standard.

If you're looking for something sweet after your meal, the two dessert options — dipped ice cream sandwich and the warm apple strudel — do the trick.

Though my party ate until we could not eat anymore, we left with much of the menu unexplored, which is a testament to the wide-ranging options and generous portions.

"We really, really wanted to be price sensitive, and make it more about the environment and bringing people together," Lewandowski says.

Our party of three was not shy in its eating and drinking, and the bill was \$89.87 before tip, far lower than the tally for most of our reviews.

Speaking of drinking, instead of the selection of American craft beer from Connecticut and beyond, the focus here is on classic German varieties including the Weihenstephaner hefeweizen and helles. There are also a few local options. Captain Lawrence Brewing Co., out of Elmsford, New York, brews a house pilsner for the bar, and there is a tapline devoted to the nearby Two Roads Brewing Co. in Stratford. All these beers are offered in German glassware of various sizes. The 0.3-liter "pour" is \$5, the half-liter



Hungarian pork goulash

pint is \$7, the 1-liter "Mas" is \$12, and the 2-liter, best-to-share-with-friends "Das Boot" is \$21.

While the vibe is upscale enough for a date, Harlan Haus also maintains a family-friendly atmosphere complete with game room where kids can play while their parents eat.

A small downside to the lofty space is that voices don't carry far and I had trouble hearing a dining companion two seats away. But, all told, the space is great to meet friends or family for a drink and something to eat.

Harlan Haus joins a growing number of downtown Bridgeport establishments, including the recently opened ramen and pho spot Eat Noodle, and the Stress Factory comedy club, which is scheduled to open next door to Harlan Haus and feature the beer hall's food.

"We're excited and happy to be a part of downtown Bridgeport," Lewandowski says. "You're seeing a lot happening down here."



Panini Cafe

GREAT SANDWICHES IN A COUNTRY SETTING

The secret to a good sandwich is the bread, Kathie Dolan says. That's why the bread at the Panini Cafe, which Dolan owns with her longtime romantic and business partner James Fox, is purchased fresh daily from top bakeries across the state line in New York. These carefully selected breads cradle and crown the delicious creations offered at Dolan and Fox's restaurant in Kent.

Options range from meat-lovers' favorites — pulled pork and a Philly cheesesteak good enough to make a Philadelphia native as happy as watching Super Bowl replays — to vegetarian options, such as a black bean burger with lettuce, tomato and avocado. There are also in-between items such as the popular Road Runner with chicken, tomato, onion, avocado, Monterey Jack cheese and spicy chipotle mayonnaise, all grilled in a wrap.

"We also have things that maybe aren't everybody's cup of tea like a sardine sandwich or a liverwurst sandwich," Dolan says. "But, there's definitely something for everybody."

Those new to the area could easily walk or drive by without noticing the Panini Cafe. The small restaurant

is set back from Kent's main drag in the Kent Barns complex, a charming collection of more than a dozen buildings including multiple restored and rebuilt historic barns.

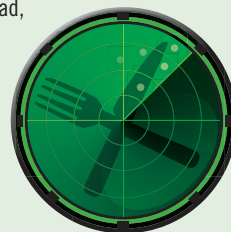
In addition to sandwiches, the cafe specializes in soup that is made fresh daily and is also available frozen. The restaurant also carries gelato in warm months. A small indoor space features exposed wood ceilings, while picturesque outdoor seating is also available, weather permitting.

Panini Cafe opened in the mid-2000s. Dolan and Fox came on board as workers shortly after that and bought the restaurant from its original owners in 2008.

Fox is a graduate of the Culinary Institute of America and has decades of experience in the restaurant industry. He was the chef and owner of the now-closed Fritz & Fox (later renamed Fox & Fox) in nearby Gaylordsville.

Fox's skill is immediately apparent in the simple yet crave-worthy sandwiches. Also apparent the moment you walk in is the genuine friendliness of both Fox and James. There are many regulars in the area who are greeted by name, and newcomers are welcomed as well.

Kent is a popular day-trip and weekend destination, known for great hiking and country charm. A quintessential country sandwich shop, Panini Cafe should be a part of the itinerary for any visit. | ERIK OFGANG |



UNDER THE RADAR



PHOTO: KATHIE DOLAN

As with other sandwiches, the Reuben's bread is key.

Apple strudel warms the soul.



AMBIANCE Cool and sophisticated but still fun. Forty-foot ceilings, hanging banners and long wood tables give the place a distinctly European feel, and there's even a game room for kids or adults.

SERVICE Friendly and attentive without seeming overly coached. The menu was explained in detail and all questions were answered. When hot plates were served they were placed in front of us with a thoughtful "please be careful, this is hot" warning that was appreciated.

FOOD A meat-forward mix of eastern European favorites with a twist including pretzels, wurst and pierogies, as well as many items from the rotisserie. The menu goes well beyond bar food, but simultaneously serves as great bar food.

Harlan Haus

155 State St., Bridgeport
203-690-1670, harlanhaus.com

Price range: Wursts \$4-\$8 (knockwurst and kielbasa \$4), snacks \$6-\$14 (Bavarian pretzel \$8), grill and rotisserie \$17-\$26 (spit-roasted half-chicken \$17, Hungarian pork goulash \$18), dessert (ice cream sandwich \$4.50, apple strudel \$8).

Hours: Wed.-Thu. 4 p.m.-1 a.m., Fri.-Sat. 4 p.m.-2 a.m., Sun. 4 p.m.-midnight. Closed Mon.-Tue.

Wheelchair accessible

Panini Cafe

7 Old Barn Road, Kent
860-927-5083

Hours: Wed.-Sun. 9:30 a.m.-5 p.m.
Closed Mon. and Tue.

Wheelchair accessible

New Era in New London

REPLACING DOWNTOWN DESTINATION GASPAR'S, 385 BANK TAKES SEAFOOD TRADITION IN UNIQUE DIRECTIONS



PHOTO: MICHAEL LEE-MURPHY

The Seared Local Diver: a smorgasbord of scallops and lobster claw, delicately arranged over a bed of risotto with a Malaysian curry-inflected sauce

BY MICHAEL LEE-MURPHY

New London has always punched well above its weight in terms of nightlife for a city its size. Any mid-size city trying to attract visitors and young people to live in their urban cores should take a walk down Bank Street to see what a dense concentration of bars, restaurants and — crucially — arts and cultural institutions can do to make a city feel alive. But this

combination does not a thriving hub make. There has to be something more, a sense of differentness, a sense of place. New London has this quality in spades. The town is very much tied to the water of the Thames River, and maintains this connection with vigor.

The new restaurant from owner Dawn Thompson and chef Eric Delano combines a sophisticated menu with the kind of down-to-earth attitude that one associates

with New London. Filling the space formerly occupied by Gaspar's, the well-regarded and much-missed institution, 385 Bank retains some of the same seafood focus, elegantly plated with ambitious arrangements. Those missing the sea-based offerings of Gaspar's will be pleased to find many similar dishes at 385. The soups kick off a menu that is very much a product of its location. The clam chowder is an excellent iteration of the coastal New England classic. There is a fairly extensive raw bar, with the range of oysters, clams and shrimp scampi one hopes for when dining in sight of the Thames River and the fishing boats in it. If the raw bar is not your thing, the lobster bisque should be worth checking out if it is anything like the clam chowder.

The dinner entrées are a nice combination of French cuisine and the fresh-from-the-water seafood hinted at on the appetizer and raw bar menu. Our old friends fish and chips are there (\$18). The Mediterranean bouillabaisse (\$30) comes stuffed with clams, shrimp, mussels and cod in a complex stew. My dining companion opted for a plate intriguingly called "Seared Local Diver," a smorgasbord of scallops and lobster claw, delicately arranged over a bed of risotto with a Malaysian curry-inflected sauce (\$26).

| openings |

A monthly look at some of what's new and exciting on the Connecticut dining scene

Mexicue, Stamford

Opened in February in Stamford's Harbor Point, Mexicue serves Mexican barbecue and has a full bar. The restaurant's origins are as a New York City food truck, which evolved into several New York restaurants. This is the first Connecticut location for the small chain. The menu includes items such as the burnt ends sloppy joe and avocado chicken. There are also tacos, pulled pork and brisket. **203-588-1764, mexicue.com**

Sweetwater Juice Bar and Deli, New Britain

Opened in January, this downtown shop offers a variety of nutritious and flavorful fresh juices, smoothies, salads, wraps and paninis and has a poignant backstory. Owner Mark Schand spent 27 years in prison for a wrongful murder conviction. While unfairly incarcerated, he developed a love of healthful eating and gardening that he is now sharing with the world. **860-224-0634**

Banh Meee, Hartford

Opened at the end of February, this former food truck now occupies a space on Capitol Avenue between Little River Restoratives and Story and Soil Coffee. As the name implies, banh mi sandwiches are the specialty. Also offered are pho noodles, as well as an assortment of Vietnamese food items and drinks including Vietnamese coffee. **860-880-2264, banhmeee.com**

Flinders Lane, Stamford

This new Stamford restaurant specializes in Australian cuisine. No, that's not a misprint. There is also a Flinders Lane in New York City and the website for both locations describes the cuisine as taking inspiration "from the cuisines of nearby Southeast Asia and subtle influence from the food of British settlers mixed with that of Greek and Italian immigrants." This is all combined with lots of seafood, year-round fruits and vegetables and the Australian attitude: "No fussing, no over thinking." **203-323 3137, flinderslane-nyc.com**

Roost, Darien

The new restaurant from husband-and-wife team Mike and Krista Pietrafeso, who also own Ada's Kitchen + Coffee in Greenwich, features scratch-made, grab-and-go breakfast, lunch and dinner items. Mike Pietrafeso is a graduate of New York's French Culinary Institute (now the

International Culinary Center) and a veteran of Connecticut restaurants such as Bar Rosso in Stamford and Le Farm in Westport. The new space also offers a full espresso bar. **203-309-5549, roostdarien.com**

Sunrise Cafe, New London

This new downtown diner specializes in classic American fare. Breakfast is offered all day and specialties include waffles, pancakes and various styles of eggs. Lunch options include burgers, grinders and a variety of deli-style sandwiches. *The Day* newspaper's Rick Koster writes that even though it is close to established New London spots Muddy Waters and Monica's State Street Diner, it provides variety. "I like having the option of settling in at Monica's or Muddy Waters OR the Sunrise, and it's my hope that there's room for all three," he writes. **860-437-3444**

Noodle House, Orange

Soraya and Aroon Kaoroptham, owners of New Haven's York Street Noodle House, Anaya Sushi and Midnight Ramen, have opened a new noodle-centric restaurant in Orange. It offers many of the same slurp-worthy ramen options found at Midnight Ramen, including the 10-hour-simmered broth ramen. In addition, the Noodle House will offer Vietnamese pho noodles, which are not offered at the Kaoropthams' other restaurants. **203-553-9581**

Story and Soil Coffee

It was delicious, and it's always great when a dish gives you the feeling of being some sort of Poseidon-like sea god, commanding the creatures of the sea to arrange themselves before you.

The filet mignon (\$30) is an interesting twist on the classic cut of beef. It is served smothered in a peppered veal stock emulsion, with mushroom, alongside an "asparagus-gouda" strudel, which was somewhat confusingly served with a plastic pipette full of a spicy-sweet sauce which was tasty enough, once dispensed.

Though the menu, decor and price point all communicate a high-end experience, 385 Bank has a totally relaxed atmosphere. Our waiter was dynamic and full of banter, making us laugh and teasing us for asking certain questions. Don't be fooled: 385 Bank is a spot where you can laugh out loud and have a bit of fun. There is a bar for you to sit at and eat or just drink if that's more your speed. Big shoes to fill in the former Gaspar's, but 385 Bank does it well.

385 Bank

385 Bank St., New London

860-574-9005, 385bank.com

Hours: Mon.-Thu. 11 a.m.-3 p.m., 4-9 p.m., Fri.-Sat. 11 a.m.-3 p.m., 4-10 p.m., Sun. 8 a.m.-3 p.m. (brunch), noon-9 p.m. (bar menu)

Wheelchair accessible

Thai Pepper, Danbury

This new Thai restaurant is delivering some serious flavor from a small, unassuming space. The creamy coconut soup has become a personal favorite. Other offerings include spicy eggplants, pine nut chicken and mango curry salmon. Primarily a takeout spot, there are some tables for those who want to eat in. **203-616-5037, thaipepperct.com**

Porrón & Piña, Hartford (coming soon)

The remodeled Goodwin Hotel will soon host a new restaurant run by chef Tyler Anderson and business partner A.J. Aurricchio. The restaurant, slated to open April 19, will offer Spanish-inspired cuisine made with New England ingredients, and will feature, among other things, a "ham bar" where guests will be able to assemble platters of hams, charcuteries and cheeses. Aurricchio and Anderson own Millwright's in Simsbury and The Cook and The Bear in Hartford. Anderson is one of Connecticut's best-known chefs and competed on Bravo's *Top Chef* last season. **porronandpina.com**

Know of a new Connecticut restaurant? Email Erik Ofgang at eofgang@connecticutmag.com.

HARTFORD COFFEEHOUSE POWERS COMMUNITY WITH CRAFT BREWS

This is Michael Acosta's favorite part.

Several coffee drinks have been placed on the counter at Story and Soil Coffee in Hartford, and Acosta, who owns the establishment with Michael and Sarah McCoy, is about to share the beautiful world of coffee with a newcomer.

"You're in an interesting position when you're trying to run a craft-coffee program, because it's not like one size fits all," Acosta says as he enthusiastically describes how the ways in which the beans are harvested, roasted, ground and brewed has a profound influence on the final flavor.

Acosta studied neuroscience and philosophy in college, and there's a scientific, as well as artistic, aspect to how he discusses coffee. But there's no snobbery, just pure enthusiasm.

After a few sips of the coffee at Story and Soil, it's hard not to share that enthusiasm. A flat white so accentuates the natural strawberry flavors of one roast that I wondered if strawberry milk had been used. (It hadn't.) A cup prepared with an aeropress, a manual coffee brewer designed to make coffee in ideal temperature conditions, was, in a word, awesome.

Story and Soil is a multi-roaster coffeehouse, meaning Acosta and company work with a variety of coffee-roasting companies. During my visit there were roasts from Giv Coffee in Canton as well as Madcap Coffee in Michigan.

As great as the coffee is, it's just one part of the equation that makes Story and Soil work so well. Acosta met Michael and Sarah (who are married) while operating a mobile coffee cart at a local farmers market. The couple had recently moved to Hartford and felt the community needed a gathering spot. A graduate of nearby Trinity College, Acosta knew the neighborhood well and agreed a coffeehouse was just what it needed, with beloved coffee spot La Paloma Sabanera on the same block having closed in 2013.

"Coffee can serve to celebrate the vibrancy and creativity of a particular space or particular neighborhood," Acosta says. "That was the ultimate goal with this spot."

Located on Capitol Avenue in Hartford's Frog Hollow neighborhood just a few doors down from craft cocktail hotspot Little River Restoratives, Story and Soil is housed in a late-1800s building that beckons newcomers and visitors alike. Though it is a small space, lofty ceilings and a postcard-worthy storefront give it a warm and welcoming feel.

With a name inspired by a Bright Eyes



album, Story and Soil opened last summer. Since then it has earned a glowing writeup in *Food & Wine* magazine and passionate support from devoted regulars.

In addition to coffee connoisseur-pleasing pour-overs and cold brew and intriguing specials



SARAH MCCOY PHOTOGRAPHY

such as espresso tonic, the coffeehouse offers other options including the Spanish latte, an excellent and slightly sweet drink made with condensed milk. You'll also find all the basic coffee options here.

"If you come in here and you say, 'Can I just have a coffee?' you get a coffee," Acosta says. "We're trying to balance this really fun craft approach with being able to serve the great majority of the population who just wants coffee. It's our job to make even that simple cup of coffee be interesting." | **ERIK OFGANG** |

Story and Soil Coffee

387 Capitol Ave., Hartford

860-303-4047, storyandsoilcoffee.com

Hours: Mon.-Fri. 7 a.m.-6 p.m., Sat. 8 a.m.-6 p.m., Sun. 9 a.m.-3 p.m.

Accessibility: Entrance has one step

Health Fare

10 SPOTS THAT MAKE IT EASY TO EAT HEALTHY

BY ERIK OFGANG, ALBIE YURAVICH,
MICHAEL LEE-MURPHY AND MIKE WOLLSCHLAGER

Below: Three Girls Vegan Creamery in Guilford offers delicious no-meat dishes such as a hot Italian “sausage” and pepper sub, potato skins with “cheddar, sour cream & bacon” and mac ‘n’ cheese balls topped with “bacon.”

PHOTO: VIKTORIA SUNDQVIST

Finding a good doctor is only part of achieving good health. (See: Best Doctors, page 77.) You also need to be vigilant about what you eat, focusing on foods and drinks that fuel a healthy lifestyle, not inhibit it. But, let’s be honest, so-called “health food” doesn’t have the best reputation when it comes to taste. You want nutritious foods that *also* please the palate. Here we offer dining locations around the state where the food is both good and good for you. Just remember: You are what you eat.

NATURE’S TEMPTATION

RIDGEFIELD

On a wooden sign, just inside the door at Nature’s Temptation, the words “local,” “sustainable” and “organic” are written in large, bold letters. These words act as the mantra for the natural grocery store, deli and juice bar. In the shop you’ll find items such as 100-percent grass-fed beef, local milk and a variety of herbs, spices, oils and vinegar all “unrefined and organic.” These ingredients also power the full-service deli and the juice and smoothie bar. There’s even a naturopathic doctor on staff to help answer nutrition questions customers might have.

203-438-5443, naturestemptations.com

CATCH A HEALTHY HABIT CAFE

FAIRFIELD

Specializing in raw (“rawking”) foods, Catch a Healthy Habit offers fruit- and vegetable-forward dishes with an array of vegetarian and gluten-free options. Superfoods — nutrient-rich foods that are particularly good for us — power many of the smoothies and dishes. Regardless of whether health is your main concern when deciding where to eat, it’s hard not to have your stomach rumble when you see descriptions of foods such as chia and chocolate pudding, carrot ginger soup and the popular nut-and-seed veggie burger. 203-292-8190, catchahealthyhabit.com

NEW MORNING MARKET

WOODBURY

New Morning Market has been fighting the good-food fight since way back in 1971, long before local and organic was hip. Its



current location is a 32,000-square-foot space that serves as an inviting hub of local and sustainable food and culture. The market is also home to The Provender, an award-winning, fresh-food counter, and a full coffee bar that also offers fresh organic juices and smoothies, as well as kombucha tea. A “vitality center” on the second floor offers yoga classes, hosts special events and provides guests the option of scheduling appointments with a nutritionist, massage therapist and other wellness professionals. 203-263-4868, newmorn.com

BLOODROOT

BRIDGEPORT

Housed in a converted machine shop on the water in Bridgeport, this is a classic Connecticut restaurant with a healthy vibe all its own. Billed as a “feminist vegetarian restaurant,” Bloodroot has no waitstaff; everyone orders at the counter and clears their own tables. The ultra-political spot is also a bookstore, but it’s the wide variety of

salads and nut-and-seed meat substitutes that make this a must-try for the health conscious. Eating vegetarian food isn’t always healthier, but eating more vegetables generally is.

203-576-9168, bloodroot.com

G-ZEN

BRANFORD

Nestled in the crook of East Main and Chestnut streets, G-Zen is a vegan beacon for health-focused and environmentally friendly folks with a taste for award-winning fine dining. But the philosophy of husband-and-wife chefs and owners Mark Shadle and Ami Beach Shadle is that their job isn’t over when the meal is finished. Sustainability is of the utmost importance. Their solar-powered family farm in Durham provides organic ingredients for the restaurant and their Gmonkey food truck, and the waste material becomes compost for the next crops. The menu changes daily, but the mission remains the same.

203-208-0443, g-zen.com



Left: ION (It's Only Natural) Restaurant in Middletown

Below: Chef Claire Criscuolo, co-owner of Claire's Corner Copia, a New Haven institution

PHOTOS: CATHERINE AVALONE

HEIRLOOM FOOD COMPANY

DANIELSON

One way to tell if an eatery serves up healthy fare: food with vibrant color. And no, we're not talking about the unnatural orange of cheese snacks. One look at the Instagram page of this spot in Connecticut's rural East provides a kaleidoscope of colors. While many dishes at Heirloom are vegetarian or vegan, it's this organic cafe and juice bar's dedication to local sourcing that should appeal to all tastes. With a chalkboard menu and a website that list the ingredient-supplying local farms, Heirloom offers an array of mostly vegan and gluten-free items (aside from tuna and turkey options). Standouts include the Beta Burger, featuring a patty of lentils, beets, brown rice and almonds, and the Avocado Detox salad with mixed greens, chopped apples and sliced avocado topped with sesame seeds, walnuts, cranberries and lemon juice.

860-779-3373, eattheiroomfood.com

THREE GIRLS VEGAN CREAMERY

GUILFORD

So big was the buzz behind this maker of nut-derived vegan "cheese" that when it opened a shop in a small plaza in Guilford last summer, people waited for more than an hour to have at the vegan selection. Some of the cheese-but-not-cheese varieties include mozzarella "di Bufala" pearls and nacho cheese sauce, both made from cashews, as well as almond ricotta. Simply put, this is the place for people who love cheese, but can't or won't eat the real thing. Meat lovers, too, likely will find something to their liking, with products such as maple bacon made from coconuts, and smoked pastrami made from beets and mushrooms. Three Girls also offers an array of prepared options such as a meatball grinder, lasagna and biscuits and gravy. In addition to their Guilford space, Three Girls products can also be found at several Connecticut food stores and online.

203-896-0411, threegirlsvegan.com

ION RESTAURANT

MIDDLETOWN

It's Only Natural has been on Middletown's Main Street for over a generation, serving up vegetarian and vegan cuisine long before it was cool or in vogue. Perhaps thanks to cohort after cohort of environmentally conscious and hip kids up the hill at Wesleyan, ION has grown and expanded over the years, and is now affiliated with a natural foods grocery store, also on Main Street. A lot of vegetarian and vegan places have fairly limited offerings — some combination of rice, beans and lentils to supplement the veggies and make the dish something other than a salad. But ION's menu is full of adventurous concoctions. They've been doing it for some 30 years, so you can bet they have figured out how to keep people coming back.

860-346-9210, ionrestaurant.com

THE SWEET BEET

GRANBY

While not every item on the menu here contains beets, everything at The Sweet Beet is vegan and gluten free. And those with food allergies will be happy to know

that neither soy nor peanuts are used. It's all part of a "clean eating" philosophy that has gained a loyal following at this cafe and bakery near the Massachusetts line. Primarily a takeout spot with a cooler of prepared foods, The Sweet Beet offers a few sandwich options (No Egg Salad with chickpeas, onions, dill and seasonings), made-to-order salads (The Sweet Beet Salad with greens, carrot, shredded beet, cucumber, tomato, pea shoots and house-made shallot vinaigrette), soups such as bean chili, several creative juices (Beetlejuice with beet, cucumber, apple and ginger), and baked goods such as mini cupcakes.

860-653-2338, thesweetbeet.net

CLAIRE'S CORNER COPIA

NEW HAVEN

Another institution on this list, Claire's has been serving up vegetarian and vegan food to Yale kids and other New Haven residents for 40 years. Claire's offers vegetarian dishes with a sort of Tex-Mex twist, from burritos to quesadillas. Tofu abounds.

It's also located on one of the nicest street corners in New Haven, diagonally across from the Green at the corner of Chapel and College streets. Big windows offer great people-watching opportunities.

203-562-3888, clairescornercopia.com



White, Dark and Handsome

ROTISSERIE CHICKEN JOINT EL POLLO GUAPO IN WETHERSFIELD WANTS 'TO BE A LIFESTYLE'

BY MIKE WOLLSCHLAGER

It takes intense planning and foresight to start and run a successful business, especially in an industry as high risk as the restaurant world. Well, not always. "A lot of stuff has happened by accident, to be perfectly honest with you," says Roy Riedl, co-owner of El Pollo Guapo in Wethersfield along with his wife, Heather. The couple also operates Mercado, a catering business and food truck. Heather explains how the catering business materialized in 2014: "We ended up booking a wedding, and we were like, 'Shoot, we need to create a real business now.'"

Planning is overrated. However, the rave reviews for the rotisserie chicken at El Pollo Guapo ("the handsome chicken" in Spanish) are well deserved. Opened last summer, the restaurant offers quarter (\$10), half (\$19) and whole (\$30) chicken meals that come with rice and a selection of "Side Chicks." House fries, chicken fat potatoes, and various vegetable options constitute the sides, but the main side chick might be the plantains. Sliced, fried and served with garlic-lime or sriracha aioli, they're every bit as meaty and delicious as the chicken.

While the rotisserie bird is the first word — it's used in every chicken dish — the arroz con pollo is the true foundation of the menu. Made with yellow rice, garlic-lime slaw and aioli, avocado and plantains, it's "the dish that made us open the restaurant in the first place," Heather says. It was originally a contingency plan. The couple bought a food truck in 2015. One weekend the truck was stocked with two days' worth of food, which sold out in one day. With a Sunday event still booked, Roy was forced to improvise. With "a bunch of taco stuff sitting around" from another party he had worked, his take on arroz con pollo was born. The garlic-lime aioli that beautifully accents so much of the current Guapo menu was made up on the spot.

The dish became a favorite, but not of Roy's. "Everybody kept asking me about it and I didn't want to do it. I wasn't into chicken. I wanted to cook pork and beef and fun, foodie types of things. ... [Chicken's] boring. People do chicken at their house." People do a lot of things at their house, but making food that tastes like Guapo's probably isn't one of them. The arroz con pollo is a triumph of flavor combinations that melt further together as the meal progresses.

One of the other main elements of the menu is Tajín seasoning, a Mexican chili spice. Any guesses on how that came to be? "I was researching new products and



PHOTOS: MIKE WOLLSCHLAGER



Above: The quarter-chicken meal with Handsome Rice and plantains

Left: Arroz con pollo

ordered 120 bottles by mistake," Roy says. "Now we use it on everything."

The presentation of the menu is fun, a little tongue-in-beak, if you will (remember side chicks?). "We wanted it to be a lifestyle," says Heather, who manages the social media and marketing. "Good, healthy food on the go, but also with a little bit of an attitude." It's not entirely PC and toes the line without going over. Heather compares it to the Disney movie jokes intended for parents that fly over the heads of children. (Yes, there is a kids menu, labeled "For My Peeps.")

Pollo con queso (\$5), chicken quesadilla (\$7.50) and sweet chili chicken enchiladas (\$7.50) are a few of the tapas choices, and there are multiple options for salads (\$10),

rice bowls (\$10) and tacos (\$5).

While the brick-and-mortar endeavor is more lighthearted than the catering and truck sides of the family business, the food is clearly treated seriously. "We know we have a good product. We know we have good people around the product," says Roy, who lauds the work of Louis Fiore (chef de cuisine) and Tony Evans (aka Tony Guapo, "the mayor of the Berlin Turnpike"). And that's no accident. The Riedls know exactly what they're doing, even when they don't.

El Pollo Guapo

1866 Berlin Tpke., Wethersfield
860-436-4982, elpolloguapo.com
Hours: Open daily, noon-9 p.m.
Wheelchair accessible

'A New England Twist'

A CONFIDENT LEAP OF FAITH TAKES FRANCESCA'S IN COLLINSVILLE INTO ITS NEXT STAGE

BY MIKE WOLLSCHLAGER

What could possibly make a man with no experience in the restaurant business — someone who has spent the past 26 years in sales for a snack food company — want to buy a bistro on Main Street in Collinsville? There's just one answer: belief in his son.

The man is Mike Butler. His son, Sean, is the 30-year-old executive chef at Francesca's Wine Bar & Bistro in Collinsville, a riverside village in Canton. Sean's résumé is impressive and includes stops at establishments run by elite chefs Billy Grant, Tyler Anderson, Jeffrey Lizotte and Joel Viehland. "Joel was almost like a father to me coming on to Community Table," Sean says of the acclaimed Litchfield County restaurant that closed last year. "He was a very inspirational mentor to me and taught me not only how to cook but how to arrange my life so that I could be set up — he always talked about trying to own your own restaurant by the age of 30. I would joke around with him about that, like I would never be able to do it. And I got to that point without even really thinking about it. Everything just kind of fell into place. It was a little, kind of almost spooky how it happened."

The "how it happened" is the truly tragic part of the story. The Nadeau family originally opened Francesca's in 2012 and sold it before buying it back and reopening in January 2017. Sean was in between jobs at the time. The executive chef at Francesca's, Jonathan Nadeau, was an old friend from high school and reached out to Sean, who began working there in March. "We were pretty excited about that," Sean says. "Unfortunately, he passed away my second day there."

Soon after, the Nadeau family decided to sell the restaurant and offered the business to Sean, who brought the proposal to his father. "Since we had all the confidence in the world in my son as being a great chef, and the opportunity was right, we decided to buy the business," Mike says.

Describing his style of cooking as "French and Danish with a modern New England twist," Sean studied at the New England Culinary Institute in Vermont before heading west to work in kitchens in Arizona. "The plan was always to open a restaurant with my father," he says.

While Sean was learning the ropes, Mike, who handles the business side of Francesca's, was working as a director of sales with Snyder's-Lance. He called his transition from snack food to fine dining a life decision. "It's something I always wanted



Burrata with a sunflower seed pesto, pine nuts, olives and torn bread.

PHOTO: SEAN BUTLER

to do: be an entrepreneur, work with my son and get a little closer to my son."

On a rainy Saturday night in late February, every chair in the rectangular, 45-seat space is spoken for. The Butlers didn't alter the decor after the sale, but paintings by local artists now adorn the red walls and a seven-seat wine bar separates the front of the house from the kitchen.

Some people put more stock into the pre-meal complimentary bread than others. If it means something to you, Francesca's will make you optimistic about the upcoming meal. House-made seeded sourdough with fluffy-soft herb butter was a warm welcome on a cold, dreary night.

Butler offers a unique twist on many dishes. A delicate, creamy burrata (\$12), commonly served with marinara, makes its way to our table with a sunflower seed pesto, pine nuts and olives. An appetizer special that night was a pepper-crusted lamb rack (\$14) with fire-roasted eggplant and pepper purée, feta cheese, radish and radish sprouts. An entrée-size offering of this dish would have made for a fabulous main course.

The ricotta gnocchi (\$18) is prepared with braised short rib, crème fraîche, demi-glace, blue cheese and red wine-pickled cabbage. It was the highlight of the night. Savory and rich, it was alternately a pasta dish with meat and a meat dish with pasta, as the gnocchi and short rib took turns playing a starring role.

The slow-roasted pork shoulder (\$26) was solid but lacked the gnocchi's knockout punch. Served with white beans, apple brandy compote, charred Brussels sprout leaves and candied maple bacon (which I hereby nominate for inclusion in every dish ever made), it was hearty and satisfying.

There was no room for dessert but we ordered two of the evening's specials (\$8 each) anyway. The portions were much larger than anticipated. The strawberry fig bread pudding and apple crisp were warm and decadent, and both provided convincing arguments as to why the elastic waistband is practical.

Mike Butler says he and his family — wife Susan and daughter Nicole are also part of the operation — are appreciative of the support from the Collinsville community. "Everybody wants us to succeed," Butler says. "They support us very, very well. The key for us is getting out into the Avons and Simsburys of the area and drawing those people in. But the townspeople are just fantastic, and it's been the best part of my job, just meeting with all these people and making new friends."

Francesca's Wine Bar & Bistro

105 Main St., Collinsville

860-352-8157, francescaswinebarandbistro.com

Hours: Wed.-Thu. 4-9 p.m., Fri.-Sat. 4-10 p.m., Sun. 4-8 p.m. Closed Mon.-Tue.

Accessibility: Front entrance has two steps; back entrance has wheelchair accessibility



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dining guide

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Fairfield County

Aranci 67 • Italian • EP Excellent Sorrento-style Italian food includes best-in-class pasta dishes. • 142 Old Ridgefield Road, Wilton, 203-587-1300 aranci67.com. Closed Sun-Mon. L (Tue-Fri) D, \$\$\$, WA

Archie Moore's Bar & Restaurant • American • RC Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 48 Sanford St., Fairfield, 203-256-9295 archiemoores.com. Open daily. L D LS, \$

b Restaurants • Burgers Gourmet burgers and a wide selection of beers and bourbons, with unique local offerings at each location. • 1262 Post Road, Fairfield, 203-955-1208; 230 Tresser Blvd., Stamford, 203-964-8353 burgersbeerbourbon.com. Open daily. L D LS, SB (Fairfield only), \$, WA

Bailey's Backyard • Farm to Table A farm-to-table restaurant in a polished, relaxed atmosphere. • 23 Bailey Ave., Ridgefield, 203-431-0796 baileysbackyard.com. Closed Mon. L D SB, \$\$\$

Bar Sugo • Italian • EP RC This beloved Italian restaurant bills itself as the place where "modern Italian meets peasant food." That philosophy shines through in its delicious offerings. • 102 Wall St., Norwalk, 203-956-7134 barsugo.com. Closed Mon. D SB, \$\$, WA

Barbarie's Black Angus • American • EP RC Elegant yet cozy atmosphere offering high quality, dry-aged steak on premises, as well as seafood and appetizers paired with an extensive wine list. Expansive brunch, lunch and dinner menu. Reservations recommended. • 5 Eagle St., Danbury, 203-826-7406 beststeakhousedanburryct.com. Open daily. L D LS SB, \$\$, WA

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP RC Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 4180 Black Rock Tpke., Fairfield, 203-255-0800; 515 West Ave., Norwalk, 203-854-5600; 222 Summer St., Stamford, 203-348-4800 barcelonawinebar.com. Open daily. L (Fairfield & Stamford) D LS SB, \$\$, WA

bartaco • Mexican Enjoy unique taco recipes and a wide variety of tequilas on the patio at this riverside bar. • 20 Wilton Road, Westport, 203-222-8226 bartaco.com. Open daily. L D, \$, E

Basso Cafe • Mediterranean Casual fine dining establishment offering Mediterranean Latin fusion cuisine in a cozy and chic atmosphere. Bar offers a full wine, beer and craft cocktail list. • 124 New Canaan Ave., Norwalk, 203-354-6566 bassobistrocafe.com. Closed Mon. L (Tues.-Sat.), D, \$\$\$

The Blind Rhino • American • EP RC Sports bar features a small but diverse and flavorful menu, plus a shuffleboard table and 27 big-screen TVs. • 15 N. Main St., Norwalk, 203-956-7243 theblindrhino.com. Open daily. L (Fri-Sun) D, \$, WA

Bloodroot • Vegetarian • EP Offers a seasonal menu that might include Vietnamese summer rolls, the Bloodroot burger and Mexican mole. • 85 Ferris St., Bridgeport, 203-576-9168 bloodroot.com. Closed Mon. L (Tues., Thurs.-Sat.) D SB, \$\$, WA

Brick + Wood • Pizza/Italian • EP This artisan pizza emporium offers some of the best Neapolitano-style pizza in the state. • 1275 Post Road, Fairfield, 203-939-1400 lovelifeandpizza.com. Closed Mon. L D, \$\$, WA

Butcher's Best Country Market • Deli • RC Meats are hand-selected, trimmed and cooked, prepared take-home or in your favorite sandwich to go. Traditional and special salads are also available. • 125 S. Main St., Newtown, 203-364-0013 butchersbestmarket.com. Closed Sun. L, \$

Cactus Rose • Latin American • EP Fresh, creative fusion of Latin American entrees and hand-crafted margaritas in a vibrant dining area complete with Southwestern decor and outdoor patio. • 5 River Road, Wilton, 203-762-8484 cactusrosewilton.com. Open Daily L (Sat-Sun) D, \$\$, WA

The Capital Grille • Steakhouse • EP RC High-end steakhouse chain offering dry-aged steaks, fresh seafood and world-class wines. Reservations recommended. • 230 Tresser Blvd., Stamford, 203-967-0000 thecapitalgrille.com. Open daily. L (Mon.-Fri.) D, \$\$\$, WA

Cask Republic • American • EP Serious chef-crafted American fare as well as creative interpretations of globally inspired dishes with an inviting and fun vibe. • 99 Washington St., #2, Norwalk, 203-354-0163; 191 Summer St., Stamford, 203-348-2275 caskrepublic.com. Open daily. L D, \$

Chip's Family Restaurant • American Famous for its perfect pancakes, Chip's also has a creative lunch and dinner menu, and guests are welcome to BYOB. • 525 Tunxis Hill Cut Off, Fairfield, 203-332-3370; 57 Monroe Tpke, Trumbull, 203-590-3331 chipsrestaurants.com. Open daily. B L D, \$, WA

Coalhouse Pizza • Pizza • EP Besides coal-fired pizza, the jazz-themed menu also includes wraps, burgers and plates, and an extensive draft selection. • 85 High Ridge Road, Stamford, 203-977-7700 coalhousepizza.com. Open daily. L D LS, \$\$, WA

Colony Grill • Pizza • EP This Irish tavern's single menu offering is its one-of-a-kind, thin crust pizza served with a signature "hot oil" topping. • 172 Myrtle Ave., Stamford, 203-359-2184; 1520 Post Road, Fairfield, 203-259-1989; 515 West Ave., Norwalk, 203-866-5252 colonygrill.com. Open daily. L D LS, \$, WA

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Average entrée prices are based on dinner entrées: \$ — inexpensive (under \$15); \$\$ — moderate (\$15-\$25); \$\$\$ — expensive (over \$25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch); E (Live Entertainment); WA (Wheelchair Access); EP = 2018 Experts' Pick; RC = 2018 Readers' Choice.

dining guide | fairfield county

Coromandel Cuisine of India • Indian • RC Wide range of tasty Indian fare is served in a small, tastefully done space. • 25-11 Old Kings Hwy. N., Darien, 203-662-1213; 316 South Main St., Newtown, 203-426-7143; 68 Broad St., Stamford, 203-964-1010; 17 Pease Ave., Southport, 203-259-1213 coromandelscuisine.com. Most locations open daily. L D SB, \$\$, WA

The Cottage • New American • EP RC Creative take on American cooking offers a seasonal menu of hand-crafted dishes, inspired by techniques and cultures from various regions around the globe. Reservations recommended. • 256 Post Road E., Westport, 203-557-3701 thecottagewestport.com. Closed Mon. D SB, \$\$\$, WA

Crave • American • RC Dishes like eggplant stack, shrimp tacos, the Crave 52 Burger, and lobster ravioli are served in an atmosphere that provides a seamless extension from elegant dining into a stylish, attractive bar setting. • 52 Sanford St., Fairfield, 203-292-8080 crave52.com. Open daily. L (Tue-Sun) D SB, \$\$, E, WA

The Cue • Barbecue • EP Upscale BBQ restaurant with a wide-ranging menu offering traditional and authentic wood-fired BBQ dishes, as well as specials, ranging from fresh and locally sourced seafood to homemade pasta to wood-fired steaks. Also serving Sunday brunch. • 2 Pembroke Road, Danbury, 203-207-4669 thecuedanbury.com. Open daily. L D SB, \$\$

Ecco Rooftop Eatery • American • EP Located just above La Zingara, this casual spot serves up seasonal American cuisine in an airy, light-filled space with a retractable glass roof for al fresco dining. • 8 P T Barnum Square, Bethel, 203-744-7500 eccorooftop.com/. Closed Tues. L D SB, \$\$

Edo II • Asian • EP Korean and Japanese fare served up in a cozy atmosphere. • 32 Padanaram Road, Danbury, 203-743-8799. Closed Mon. L (Tues.-Sat.) D, \$\$

El Segundo • Global • EP Small plates of "global strett food" with flavors from places all over the world, in a fun, hip atmosphere. • 3 N Water St., Norwalk, 203-939-9765 elsegundosono.com/. Open daily. L D LS, \$, WA

Elm • American Drawing inspiration from a local network of farmers and artisans, the inventive and seasonally inspired cuisine here is made with the freshest local, top-quality ingredients and served in an elegant, minimalist environment. • 73 Elm St., New Canaan, 203-920-4994 elmrestaurant.com. Open daily. L (Mon-Fri) D SB, \$\$\$, WA

Fat Cat Pie Co. • Pizza • EP A community-based wine-pub featuring small-production wine, craft American beer, thin-crust organic pizza, generous organic salads, artisanal cheese and charcuterie, house-made delectable desserts and a true espresso bar. • 9-11 Wall St., Norwalk, 203-523-0389 fatcatpie.com. Closed Sun. L D, \$, E, WA

Frank Pepe Pizzeria Napoletana • Pizza • EP While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 238 Commerce Drive, Fairfield, 203-333-7373; 59 Federal Road, Danbury, 203-790-7373 pepespizzeria.com. Open daily. L D, \$, WA

Frank Pepe Pizzeria Napoletana • Pizza • EP RC The original home of New Haven-style thin-crust pizza, cooked in a coal-fired brick oven which is carefully replicated in Pepe's satellite locations. • 238 Commerce Drive, Fairfield, 203-333-7373; 59 Federal Road, Danbury, 203-790-7373 pepespizzeria.com. Open daily. L, D, \$, WA

Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 2070 Post Road, Fairfield, 203-955-1643 geronimobarandgrill.com. Open daily. L D LS SB, \$\$, WA

Homestead Inn — Thomas Henkelmann • French Upscale French restaurant features impeccable service, comfortable surroundings, an extensive wine list and creative French food. • 420 Field Point Road, Greenwich, 203-869-7500 homesteadinn.com/thomas-henkelmann. Closed Sun.-Mon. L (Tue-Fri), D, \$\$\$, WA

Hoodoo Brown BBQ • American • EP RC This laid-back barbecue bar and restaurant features a delicious blend of Texas, Kansas City, Carolina and other styles that will leave you craving more. • 967 Ethan Allen Hwy., Ridgefield, 203-438-6033 hoodoobrownbbq.com. Closed Mon. L (Fri-Sun) D LS, \$, WA

Ichiro • Sushi Ichiro offers a combination of Asian fusion, sushi and hibachi entrees. Enjoy the full-service bar and the shows put on by the hibachi chef. • 69 Newtown Road, Danbury, 203-792-8881 ichirodanbury.com. Open daily. L D LS, \$\$, WA



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Jesup Hall • American • EP Diverse and ingredient driven, the menu is constantly changing and the food is difficult to label but consistently intriguing.

• 90 Post Road E., Westport, 203-557-6198
jesuphallwestport.com. Closed Sun. & Mon. D, \$\$\$, WA

Joseph's Steakhouse • American • EP Known for a New York-style steakhouse experience with gems such as prime dry-aged beef. • 360 Fairfield Ave., Bridgeport, 203-337-9944
josephssteakhouse.com. Open daily. L (Mon-Fri) D, \$\$\$, WA

Kawa Ni • Asian • EP RC A creative interpretation of pan-Asian cuisine and culture, styled after a Japanese pub and using locally grown ingredients. • 19A Bridge Square, Westport, 203-557-8775 kawanwestport.com. Closed Mon. L (Tue-Sat) D LS, \$\$\$, WA

King's • American • EP Breakfast and lunch served up in a cozy, rustic atmosphere. • 265 S Main St., Newtown, 203-426-6881. Open daily. B L, \$

Kolam • Indian • EP RC Offers up a wide variety of regional Indian cuisines. • 316 S Main St., Newtown, 203-426-7143 kolamrestaurant.com. Open daily. L D, \$\$\$, WA

Kotobuki Japanese Cuisine • Sushi • RC Rated "one of the best sushi restaurants" by Zagat for the past two decades, Kotobuki offers high-quality, classically prepared and authentic Japanese food. Reservations suggested. • 457 Summer St., Stamford, 203-359-4747 kotobukijapaneserestaurant.com. Closed Mon. L (Tue-Fri) D, \$\$, WA

l'escale • French • EP A stylish, romantic dining room overlooking Greenwich Harbor that serves superb Provencal cuisine. • 500 Steamboat Road, Delamar Greenwich Harbor, Greenwich, 203-661-4600 lesscalerestaurant.com. Open daily. B L D LS SB, \$\$\$, WA

Le Fat Poodle • French • EP Enjoy Southern, Latin, and globally flavored French cuisine in an upscale dining room or on the 30-seat outdoor patio. • 20 Arcadia Road, Old Greenwich, 203-717-1515 lefatpoodle.com. Open daily. L D SB, \$\$\$, WA

Little Goose Café • Gastropub • EP Gastropub offering a rarified culinary experience combining indigenous local and American ingredients in a cozy atmosphere. • 397 Commerce Drive, Fairfield, 203-296-9789 littlegoosefairfield.com. Open daily. L D LS SB, \$\$\$, WA

Local Kitchen and Bar • American Craft beer is the name of the game here with more than 30 lines including rare local, national and international gems. There is also a full menu of classic American cuisine. • 68 Washington St., Norwalk, 203-957-3352; 85 Mill Plain Road, Fairfield, 203-955-1919 sonolocal.com, fairfieldlocal.com. Open daily. L D SB, \$\$\$, WA

Luc's Cafe • French • EP An authentic French bistro offering non-stop service from 11 a.m. on, with terrace dining available in the warmer months. • 3 Big Shop Lane, Ridgefield, 203-894-8522 lucscfe.com. Closed Sun. L D, \$\$\$, E

Match • American • EP The farm-fresh, seasonal menu at this upscale SONO restaurant changes daily but always offers something intriguing. • 98 Washington St., South Norwalk, 203-852-1088 matchsono.com. Open daily. D L (Wed.-Fri.), \$\$\$

Mecha Noodle Bar • Asian • RC Serves some of Asia's most comforting dishes, from Vietnamese pho to Japanese ramen and riffs on food that can be found in the streets of Southeast Asia. • 116 Washington St., South Norwalk, 203-295-8718; 1215 Post Road, Fairfield, 203-292-8222 mechanoodlebar.com. Open daily. L D, \$

Mexicali Rose • Mexican • EP Authentic Mexican food that reflects the rustic tastes of Mexico's Yucatan Peninsula and freshness of the ingredients. • 71 S Main St. #1, Newtown, 203-270-7003 mexicalirosenewtown.com/. Closed Mon. L D, \$, WA

Mezon • Mexican • RC An inventive fusion of Spanish, Latin American, and Caribbean-inspired dishes to transport you to a time of tradition, passion, flavor and soul. • 56 Mill Plain Road, Danbury, 203-748-0875 mezonct.com. Open daily. L D SB, \$, E, WA

Mill Street Bar & Table • American • EP Seasonally driven menu from the Northeast land and sea, with two dining rooms, an oyster bar, a full-service bar, comfy cocktail lounge and heated patio. • 230 Mill St., Greenwich, 203-813-3323 millstreetct.com. Closed Sun.-Mon. D, \$\$\$

New Wok • Chinese • RC Chinese dishes such as Fisherman's Casserole and Crispy Walnut Shrimp & Chicken draw inspiration from Szechuan, Hunan, Malaysian, and Thai cuisine. • 228 S Main St # D16, Newtown, CT 06470, 203-270-3738 newwokrestaurant.weebly.com. Open daily. L D, \$, WA



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dining guide | fairfield county

Nom-eez, Bridgeport • Vietnamese • EP Traditional Vietnamese cuisine and street food made from fresh, clean-tasting ingredients prepared with playful, sometimes quirky creativity. • 2992 Fairfield Ave, Bridgeport, 203-923-8686 nom-eez.com. Open daily. B L D, \$\$, WA

Nostrano Italian Eatery • Italian • RC Authentic Italian food in a comfortable atmosphere. Dine-in (BYOB) or carryout. • 179 Main St., Monroe, 203-880-5456 nostranoeatery.com. Closed Mon. L (Tue-Fri) D, \$\$, WA

Nouveau Monde Wine Bar & Bistro • American • EP RC This stylish bistro serves elevated American comfort food with an elegant ambiance. Seasonal entrées are served with a wine list with dozens of wines by the glass and well over 100 by the bottle, along with a curated craft beer, spirits, port and sherries list. • 6 Washington Ave, Sandy Hook, 203-491-2723 nouveau Monde wine bar.com. Open daily. D SB, \$\$, WA

Paci • Italian Exceptional Italian cuisine which redefines classic dishes while creating new ones using the highest quality of fresh organic ingredients. • 96 Station St., Southport, 203-259-9600 pacirestaurant.com. Closed Sun. & Mon. D, \$\$\$, WA

Pho Vietnam • Vietnamese • RC A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Road, Danbury, 203-743-6049 phovietnamrestaurant.com. Open daily. LD, \$\$, WA

Pink Sumo • Sushi • RC Specializes in world-class sushi and sashimi, using only the freshest seafood and ingredients. • 4 Church Lane, Westport, 203-557-8080 pinksumo.com. Open daily. LD, \$\$

PizzaCo • Pizza • EP This converted gas station offers up personal-sized specialty pizzas ranging from traditional to brunch and dessert pies. • 1625 Stratford Ave., Stratford, 203-612-7520 pizzacostratford.com. Closed Mon. L D LS, \$, WA

Positano Ristorante • Italian This restaurant has been owned and operated by the Scarpati family since 1999. Owner and chef Giuseppe Scarpati was born on the island of Positano, Italy, and his cuisine focuses on all-natural cooking, with fresh fishes, meats, fruits, vegetables, and aromatic herbs. • 27 Powers Court, Westport, 203-454-4922 positanosrestaurantwestport.com. Open daily. LD SB, \$\$, E

Prime • Steak • EP Classic favorites in this striking décor include raw bar, mizu sushi, USDA prime steaks and chops, surf & turf and hand-made desserts, plus a 750-label wine list • 78 Southfield Ave, Stamford, 203-817-0700 restaurantprime.com/stamford. Open daily. L (Mon.-Fri.) D SB, \$\$\$

Red Rooster Pub • American • RC American comfort food and family fare such as steaks, burgers, pizza, chops, ribs and much more, served in a rustic decor atmosphere. • 160 S. Main St., Newtown, 203-270-0788 redroosterpubnewtown.com. Open daily. LD SB, \$\$, WA

Roberto's • Italian Excellent Italian food with attentive service, plus catering and a full-service banquet facility. • 505 Main St., Monroe, 203-268-5723 robertosmonroe.com. Open daily. L (Sun) D, \$\$, WA

Sal e Pepe Contemporary Italian Bistro • Northern Italian • RC Offers superb cuisine with a contemporary flair, from fresh pastas and sauces to unique specials and classics with a modern twist. • 97 South Main St., Newtown, 203-426-0805 salepeperestaurant.com. Open daily. L (Mon-Fri) D, \$\$, WA

The Schoolhouse at Cannondale • American • EP With the motto "Fine. Fresh. Simple," the owners seek out the best sources of ingredients and treat them simply and with respect. • 34 Cannon Road, Wilton, 203-834-9816 schoolhouseatcannondale.com. Closed Mon. L (Fri-Sat) D (Wed-Sat) SB, \$\$\$, WA

The Sitting Duck Tavern • American Neighborhood tavern committed to using regionally and locally grown produce and products. • 3694 Main St., Stratford, 203-873-0871 sittingducktavern.com. Open daily. LD LS SB, \$\$, WA

The Spinning Wheel • American • RC Enjoy a quintessentially New England-inspired menu with seasonal specials, local and homegrown accents, and modern adaptations of traditional comfort dishes. This classic-style pub has 12 types of beer on tap, a rum-inspired drink menu and is housed within a renovated historic saltbox style house that dates back to 1742. • 109 Black Rock Tpke., Redding, 203-664-4000 swredding.com. Closed Mon. L (Thu-Sat) D SB, \$\$\$, WA

The Spread • American • EP The owners are industry leaders in culinary deviance and solutions, and are focused on delivering great dining experiences. • 70 N Main St., Norwalk, 203-939-1111 thespreadsona.com. Open daily. D SB, \$\$\$

Taproot • New American • EP Open and roomy space where lots of different inspirations come together in excellent dishes that are influenced by what products are in season. • 269 Greenwood Ave., Bethel, 475-329-5395 taprootct.com. Closed Sun. & Mon. D, \$\$, WA

Tequila Mockingbird • Mexican The food here is made with traditional ingredients when possible, including imported chiles. Tequila is taken seriously as well, with bartenders receiving tequila training in Mexico. • 6 Forest St., New Canaan, 203-966-2222 tequilamockingbirdnc.com. Open daily. D, \$\$, WA

Thai Delight • Thai • RC Traditionally prepared Thai offerings such as Thai Mango Chicken, Wild Boar Basil and Mango Fish Curry. • 133 Mt Pleasant Rd, Newtown, 203-426-0674 thaidelightnewtown.com. Open daily. L (Mon-Fri) D, \$\$, WA

Thai Spice • Thai • RC Traditional Thai recipes including Pad Thai, Big Bowl Soup, Summer Shrimp Rolls and Papaya Salad. • 345 Main Ave, Norwalk, 203-846-3533 thaipicenorwalk.com. Open daily. LD, \$, WA

Toro • Sushi • EP RC Open sushi bar, plus Japanese, Chinese and hibachi menu in a modern Asian decorated atmosphere. • 28 Churchill Road, Newtown, 203-364-0099 bestasianfoodnewtown.com. Open daily. LD, \$\$, WA

Valencia Luncheria • Latin American • EP Venezuelan cuisine served up in large portions in a bright, relaxed atmosphere. • 164 Main St., Norwalk, 203-846-8009 valencialuncheria.com. Open daily. B LD, \$\$\$

Wafu Asian Bistro • Asian Upscale dining with a frequently changing menu that utilizes local ingredients. • 3671 Post Road, Southport, 203-254-2288 wafuasianbistro.com. Open daily. LD, \$, WA

Walrus + Carpenter • Barbecue • EP Sink your teeth into the barbecue offered at this sleek eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport, 203-333-2733 walruscarpenterct.com. Closed Mon. L (Wed-Sun) D LS, \$\$, E WA

Washington Prime • American • EP RC The land and sea menu has elements of Americana with cross-cultural influences. The restaurant also boasts an impressive beverage program. • 141 Washington St., South Norwalk, 203-857-1314 washingtonprime.com. Open daily. L (Wed-Sun) D SB, \$\$\$, WA

The Whelk • Seafood • EP Upmarket, sophisticated seafood with a distinct culinary voice. • 575 Riverside Ave., Westport, 203-557-0902 thewhelkwestport.com. Closed Sun.-Mon. L (Tues.-Thurs.), D, \$\$\$

Hartford County

2 Hopewell Bistro & Bar • New American • EP This upscale bistro serves all natural meats, cut and portioned daily on premise, and fresh ocean seafood in a sophisticated yet casual atmosphere. Reservations recommended. • 2 Hopewell Road, South Glastonbury, 860-633-9600 2hopewell.com. Closed Mon. D, \$\$\$, E, WA

@ the Barn • American This 170-seat, 4,000-square-foot ultra-sleek steakhouse and wine bar features multiple dining areas, steaks, seafood, small plates and a wine list selected by a certified sommelier, as well as a wide array of martinis, specialty cocktails and craft beers. • 17R E. Granby Road, Granby, 860-413-3888 atthebarngranby.com. Closed Mon. L D (Tues.-Sun.) SB, \$\$, WA

Àvert Brasserie • French • EP Experience old-world European charm and beautiful, classic food combined with imagination, perfectionism and zest. • 35 LaSalle Road, West Hartford, 860-904-6240 avertbrasserie.com. Open daily. LD LS SB, \$\$, WA

b Restaurants • Burgers Gourmet burgers and a wide selection of beers and bourbons, with unique local offerings at each location. • 120 Hebron Ave. #6, Glastonbury, 860-430-9737; 4 Railroad St., Simsbury, 860-658-4477; 138 Park Road, West Hartford, 860-231-1199 burgersbeerboulevard.com. Open daily. LD LS, SB (Glastonbury only), \$, WA

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Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP RC Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 971 Farmington Ave., West Hartford, 860-218-2100 barcelonawinebar.com. Open daily. L D LS SB, \$\$, E, WA

Bear's Smokehouse Barbecue • Barbecue • EP Let your inner bear roar at these finger-lickin' good Kansas City-style barbecue joints owned by competitive eating champion Jamie McDonald. • 89 Arch St., Hartford, 860-724-3100; 2152 Poquonock Ave., Windsor, 860-999-3834 bearsbbq.com. Open daily. L D, \$\$, WA

Butchers & Bakers • American • EP Farm-fresh food, house-made desserts and amenities like an outdoor terrace for summer help this place set a new bar for culinary creations, hobnobbing and beyond. • 270 Farmington Ave., Suite 101, Farmington, 860-470-7414 butchersandbakers.com. Open daily. L D LS, \$\$, WA

The Capital Grille • Steakhouse • EP RC High-end steakhouse chain offering dry-aged steaks, fresh seafood and world-class wines. Reservations recommended. • 44 Front St., Hartford, 860-244-0075 thecapitalgrille.com. Open daily. L (Tues.-Fri.), D, \$\$\$, WA

Carbone's Kitchen • Italian Established in 2012, this casual-dining little brother to Carbone's Ristorante uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, 860-904-2111 carboneskitchen.com. Open daily. L (Mon.-Fri.) D, \$\$, WA

Carbone's Ristorante • Italian This old-school, fine-dining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster pappardelle, grilled scottish salmon and eggplant, and veal cuscinetto. • 588 Franklin Ave., Hartford, 860-296-9646 carbonescct.com. Closed Sun. L (Mon.-Fri.) D, \$\$\$, WA

Cavey's Restaurant • Italian / French • EP Choose from handmade pasta and house-cured salami in the Northern Italian restaurant upstairs, or soufflé and buttery foie gras in the luxurious French restaurant downstairs. Enjoy a cocktail with some light jazz in a casual lounge while you decide. • 45 E. Center St., Manchester, 860-463-2751 caveysrestaurant.com. Closed Mon. D, \$\$, E, WA

Chip's Family Restaurant • American Famous for its perfect pancakes, Chip's also has a creative lunch and dinner menu, and guests are welcome to BYOB. • 99 Executive Blvd., Southington, 860-276-2429; 1301 Silas Deane Hwy., Wethersfield, 860-757-3500 chipsrestaurants.com. Open daily. B L D, \$, WA

The Cook & The Bear • Barbecue • EP High-end barbecue made with locally sourced ingredients, plus vegetarian and gluten-free options, in a hip, sleek, modern space. • 50 Memorial Road, West Hartford, 860-595-3345 thecookandthebear.com. Open daily. L D SB, \$\$, WA

Costa del Sol • Spanish/Mediterranean • EP Galician restaurateur Jose "Pepe" Feijoo incorporates the old and the new, breathing new life into a cuisine rich in Spanish heritage, with a focus on tapas and seafood. Tapas bar, sun rooms, patio, private function room and a small market. • 901 Wethersfield Ave., Hartford, 860-296-1714 costadelsohartford.com. Closed Mon. L (Tues.-Fri.) D, \$\$\$

Fleming's Prime Steakhouse & Wine Bar • American Premier destination for prime meats and chops, fresh fish and poultry, with a sophisticated wine list. • Blue Back Square, 44 South Main St., West Hartford, 860-676- WINE flemingssteakhouse.com. Open daily. D, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza • EP While world-famous white clam pizza is the standout, any pie here is worth the wait. • 1148 New Britain Ave., West Hartford, 860-236-7373; 221 Buckland Hills Drive, Manchester, 860-644-7333 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Frank Pepe Pizzeria Napoletana • Pizza • EP RC The original home of New Haven-style thin-crust pizza, cooked in a coal-fired brick oven which is carefully replicated in Pepe's satellite locations. • 221 Buckland Hills Drive, Manchester, 860-644-7333; 1148 New Britain Ave., West Hartford, 860-236-7373 pepespizzeria.com. Open daily. L, D, \$, WA

GoldBurgers • Burgers • EP The big (with a capital B) juicy specialties at GoldBurgers are all made with locally sourced beef and include the venue's namesake, the GoldBurger, a monster of a burger made with two patties and crowned by potato chips. • 1096 Main St., Newington, 860-665-0478. Open daily. L D, \$, WA

Great Taste • Chinese • EP Multiregional Chinese cuisine in a space suitable for intimate gathering, family get-togethers or large-scale celebrations. • 597 W Main St., New Britain, CT 06053, 860-827-8988 greattaste.com. Open daily. L D, \$\$, WA

India • Indian • EP Fun, locally sourced, Farm-to-Table Restaurant featuring traditional Indian cuisine and bright new dishes with British Colonial overtones • 54 Memorial Road, West Hartford, 860-726-4103 indiawesthartford.com. Open daily. L D, \$\$, WA

J. Timothy's Tavern • Gastropub • EP RC This historic pub offers up casual fare such as the famous "dirt wings," prime rib, chicken pot pie and French onion soup. • 143 New Britain Ave., Plainville, 860-747-6813 jtimothys.com. Open daily. L D LS, \$\$, WA

JV's Taproom • Pizza / Bar • EP Bar/pub spotlights steak and wood-fired pizza along with craft beers and specialty cocktails in a casual setting. Rebel Dog Coffee Co., located in the same building, serves up specialty coffees and breakfast sandwiches. • 393 Farmington Ave., Plainville, 860-793-8809 jvstaproom.com. Closed Mon. D SB, \$, WA

Max Downtown • American Features global cuisine, chophouse classics, a fine wine list and lighter fare in the tavern. • 185 Asylum St., Hartford, 860-522-2530 maxdowntown.com. Open daily. L (Mon.-Fri.) D LS, \$\$\$, WA

Max Fish • Seafood Lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an up-tempo environment. • 110 Glastonbury Blvd., Glastonbury, 860-652-3474 maxfishct.com. Open daily. L D LS SB, \$\$, WA

Max's Oyster Bar • Seafood • RC Modern renditions of classic American seafood in an atmosphere reminiscent of a big-city oyster bar. • 964 Farmington Ave., West Hartford, 860-236-6299 maxrestaurantgroup.com/oyster. Open daily. L D LS SB, \$\$\$, WA

Millwright's Restaurant and Tavern • American • EP Tyler Anderson dazzled us for years at The Copper Beech Inn. Now, he's wowing all comers at this sparkling restaurant. • 77 West St., Simsbury, 860-651-5500 millwrightsrestaurant.com. Closed Mon.-Tues. D, \$\$\$, WA

ON20 • Contemporary French / American • EP RC Savor panoramic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, 860-722-5161 on20wenty.com. Closed Sun. L (Mon.-Fri.) D (Thu-Sat), \$\$\$, E

Pho 501 • Vietnamese • EP Dedicated to keeping it simple, with the best soups and authentic Vietnamese family recipes. • 501 Main St., East Hartford, 860-569-3700 pho.com/east-hartford-ct/pho-501. Closed Mon. L D, \$

Present Company • American • EP Seasonal menus using fresh local ingredients and prepared in a unique open-kitchen atmosphere. Five-course chef's tasting menu available nightly. Catering and private events available. • 2 Tunxis Road, Tariffville, 860-658-7890 presentcompanyct.com. Closed Sun. D, \$\$\$, WA

Puerto Vallarta • Mexican • RC Authentic, traditional Mexican cuisine is prepared fresh daily — sometimes even at your table — mixing time-honored recipes with innovative culinary techniques. • 15 West Avon Road, Avon, 860-675-1999; 2385 Berlin Tpke., Newington, 860-667-8080; 826 Queen St., Southington, 860-736-0060 puertovallartausa.com. Open daily. L D, \$\$, WA

Puerto Vallarta • Mexican • RC Authentic, traditional Mexican cuisine is prepared fresh daily — sometimes even at your table — mixing time-honored recipes with innovative culinary techniques. • 98 Newtown Road, Danbury, 203-826-9884 puertovallartausa.com. Open daily. L D, \$\$, WA

Republic at the Linden • Gastropub • EP Handcrafted beers, boutique wines and small-batch bourbons are offered at this high-end pub. • 39 Jerome Ave., Bloomfield, 860-216-5852 republicct.com. Open daily. L (Mon.-Fri.) D LS, \$\$

Restaurant Bricco • Italian • EP Every dish is crafted from scratch, holding true to the essentials of Sunday dinner. • 78 Lasalle Road, West Hartford, 860-233-0220 billygrant.com. Open daily. L (Mon.-Sat.) D, \$\$\$

Rooster Co. • American • EP Rotisserie chickens made to perfection are the heart and soul of menu here. • 1076 Main St., Newington, 860-757-3969 roostercompany.net. Open daily L D, \$\$, WA

Ruth's Chris Steak House • Steak Famously known as "the steak that speaks for itself," the steaks served here are customer-aged USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, 860-666-2202 ruthschris.com. Open daily. L (Sun) D, \$\$\$, WA

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Savoy Pizzeria and Craft Bar • *Pizza* • **RC** Pizza made with artisanal dough and baked in 900 degree wood-fired ovens can be paired with select wines for a true Neapolitan experience. • 32 LaSalle Road, West Hartford, 860-969-1000 maxrestaurantgroup.com/savoy. Open daily. L D LS \$, \$, WA

Sayulita • *Mexican* • **EP** Named for a Mexican fishing village, this restaurant has a party vibe and uses top-of-the-line ingredients. Specialties include a variety of tacos and Ceviche de Playa. • 865 Main St., Glastonbury, 860-430-9941 cantinasayulita.com. Open daily. D, L (Sat.-Sun.), \$\$, WA

Smokin' with Chris • *Barbecue* • **EP** Specializes in barbecue and other smoked meats, but also offers specialty salads, seafood and vegetarian dishes. • 59 W Center St., Southington, 860-620-9133 smokinwithchris.com. Closed Mon. L D, \$\$, E

Sushi Red • *Sushi* • **EP** Offers up delicious, fresh, hand-crafted sushi in a quiet, intimate setting. • 450 East St., Plainville, 860-410-1829. Closed Sun. L D, \$

Treva • *Italian* • **EP** Cuisine is inspired from central and upper Italy, with seasonal varieties and unique nightly specials. • 980 Farmington Ave., West Hartford, 860-232-0407 treva.com. Open daily. L, D, LS (Fri.-Sat.), \$\$

Trumbull Kitchen • *American* “Global comfort food” is served at communal tables at this sophisticated city brasserie. • 150 Trumbull St., Hartford, 860-493-7417 maxrestaurantgroup.com. Open daily. L (Mon-Sat) D LS, \$\$, WA

Vinted Wine Bar & Kitchen • *Tapas* This exciting restaurant in Blue Back Square serves over 70 wines by the glass along with an ambitious small-plates menu. • 63 Memorial Road, West Hartford, 860-206-4648 vintedwinebar.com. Open daily. L D LS SB, \$\$, WA

Zohara • *Mediterranean* • **EP** Flavors of the Mediterranean, particularly Middle Eastern flavors, in an upscale setting alongside craft cocktails featuring Mediterranean-inspired spices, and wines from the region. • 991 Farmington Ave., West Hartford, 860-955-0300 zoharact.com. Open daily. L D LS (Tues.-Sat.) SB, \$\$, WA

| Litchfield County |

@ the Corner • *New American* • **EP** Café, pub and restaurant with wide selection of craft beers and offering entrees like Bistro Steak and Seafood Risotto. Reservations available. • 3 West St., Litchfield, 860-567-8882 thecorner.com/. Open daily. L, D, \$\$, WA, E

Arethusa al Tavolo • *New American* • **EP** This high-flying, country restaurant serves sparkling dishes like butter-poached halibut with crab paella, rack of lamb and a glorious reinvention of Peking duck. • 828 Bantam Road, Bantam, 860-567-0043 arethusaaltavolo.com. Open Thurs.-Sun. D, \$\$\$, WA

The Cookhouse • *Barbecue* “Slo-smoked” baby-back ribs and pulled pork are the name of the game here. • 31 Danbury Road (Route 7), New Milford, 860-355-4111 thecookhouse.com. Open daily. L D, \$\$, WA

Hidden Valley Eatery • *American* • **EP** Locally sourced comfort food with a number of vegetarian options. Seasonal dinner menu changes nightly. • 88 Bee Brook Road, Washington Depot, 860-619-0660 hiddenvalleyeatery.com. Closed Tues. B, L, D (Fri.-Sat.), \$\$

John's Café • *New American* • **RC** Popular spot for New American cuisine with a Mediterranean accent: grilled pizzas, ricotta gnocchi and salmon with morels. • 693 Main St. S., Woodbury, 203-263-0188 johnscafe.com. Open daily. L (Mon-Sat) D, \$\$, WA

Litchfield Saltwater Grille • *Seafood* Casual and fine dining with seafood, raw bar, meat, vegetarian and kids menu options. Happy hour is Mon.-Fri 4-6 p.m., and the lounge is open late Fri. & Sat. Outdoor patio and private dining available. • 26 Commons Drive, Route 202, Litchfield, 860-567-4900 litchfieldsaltwatergrille.org. Open daily. L (Wed-Sun) D, \$\$\$, E, WA

Mountainside Café • *Farm to Table* Modern rustic cafe offers up a fresh approach to American classics, such as the Country Burger and the Johnny Cash Skillet, in a warm and casual atmosphere. • 251 Route 7 South, Falls Village, 860-824-7876 mountainside.com/cafe. Open daily. B L SB, \$, WA

The Old Oak Tavern • *American* Rustic tavern offering American comfort foods like homemade mozzarella sticks, corn and clam chowder, and Southern fried chicken in a rustic tavern environment. Local craft brews available on tap. • 1 South Kent Road, Gaylordsville, 860-355-1100 theoldoaktavern.com. Open daily. L (Fri-Sun) D SB, \$\$, E WA

The Restaurant at Winvian Farm • *French* • **EP** Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. Smart casual attire and reservations required. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Mon.-Tues. L (Sat-Sun) D, \$\$\$, WA

The White Hart • *Farm to Table* • **EP** High-quality cuisine made from an A-list of farm sources served in a rustic, recently remodeled historic country inn dating to 1805. • 15 Under Mountain Road, Salisbury, 860-435-0030 whitehartinn.com. Open daily. L (Mon, Wed, Fri) D, \$\$, WA

The White Horse Country Pub • *American* • **EP RC** Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones — shepherd's pie, fish-and-chips and bangers and mash. Outdoor dining in warmer months provides a delightful experience. • 258 New Milford Tpke., Washington, 860-868-1496 whitehorsecountrypub.com. Open daily. L D SB, \$\$, WA

Winvian • *American* Simplicity and indulgence converge with fresh and spontaneous farm-to-table menus and an eclectic wine selection. Reservations are required. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Tues. L (Sat-Sun), D, \$\$\$, WA

Yokohama • *Japanese* • **EP** Delicious tempura and teriyaki dishes, plus sushi and sashimi is served at this beloved New Milford restaurant. • 131 Danbury Road, New Milford, 860-355-0556 yokohama-sushi.net. Open daily. L D, \$\$, WA

| Middlesex County |

Alforno Ristorante & Brick Oven Pizzeria • *Northern Italian* • **EP** Known for a great selection of house-made ravioli, including veal osso buco with fresh ricotta ravioli, butternut squash ravioli and wild boar ravioli, as well as tagliatelle Bolognese and arugula chicken. • 1654 Boston Post Road, Old Saybrook, 860-399-4166 alforno.net. Open daily. L D, \$\$, WA

Angelico's Lake House • *American* Overlooking Lake Pocotopaug, Angelico's features great outside dining and a tiki hut. • 81 North Main St., East Hampton, 860-267-1276 angelicoslakehouse.com. Closed Mon-Tues. D L (Sat) SB, \$\$, E, WA

Baci Grill • *Modern Italian* Try house specialties like cider glazed salmon, chicken sausage and broccoli rabe pasta, and Guinness marinated flank steak at this casual, trendy restaurant. Banquets only on Sunday. • 134 Berlin Road, Cromwell, 860-613-2224 bacigrill.com. Open daily. L D LS, \$\$, E, WA

Blue Hound Cookery & Taproom • *Southern* • **EP** Southern-inspired coastal cuisine like chicken champignon, shrip and cheddar grits and “two ways” blackened catfish, served with a touch of New Orleans flair. • 107 Main St., Ivoryton, 860-767-0260 bluehoundcookery.com. Closed Tues. L (except Sun.) D, \$\$, WA

The Blue Oar • *Seafood* • **EP** Open seasonally, with open-air dining and fresh-catch entrees. BYOB; cash only. • 16 Snyder Road, Haddam, 860-345-2994 blueoarct.wix.com. Open daily, Mother's Day weekend-Labor Day; Thurs.-Sun., Labor Day-end of Sept. L D, \$\$

Celtic Cavern • *Gastropub* Middletown's first-ever gastropub, featuring 18 beers on tap and a dynamic menu designed to tempt every palate. • 45 Melilli Plaza, Middletown, 860-894-2954 celticcavern.com. Open daily. L D LS, \$\$

Chester's Barbecue • *Barbecue* • **EP RC** Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 10 West Main St., Clinton, 860-669-6868 chestersbbq.com. Open daily. L D, \$\$

[chow] • *New American* This rustic, family-friendly spot serves up favorites like BBQ meatballs, pulled pork and burnt end croute, plus craft pizza and drink options. • 36 Killingworth Tpke., Clinton, 860-669-6200 chowfoodandbeverage.com. Open daily. L (Tue-Sun) D SB, \$\$, WA

Christy's • *American* • **RC** All-day breakfast is the big draw here, particularly the wide selection of specialty pancakes, but lunch and dinner are served as well. • 1261 Boston Post Road, Westbrook, 860-399-4211 facebook.com/CristysWestbrook. Open daily. B L D SB, \$, WA

Cuckoo's Nest • *Mexican* • **RC** Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, and Cajun shrimp and scallops for more than 40 years. • 1712 Post Road, Old Saybrook, 860-399-9060 cuckoosnest.biz. Open daily. L D SB, \$\$, E, WA

Dattilo Fine Italian at Water's Edge Resort and Spa • *Italian* Enjoy spectacular ocean views and Italian specialties like veal romano, wild mushroom arancini and lobster ravioli. And don't forget the award-winning Sunday brunch. • 1525 Boston Post Road., Westbrook, 860-399-5901 watersedgersortandspa.com. Open daily. B L (Mon-Sat) D SB, \$\$\$, E

Eli Cannon's Tap Room • *Beer Bar* • **EP** The Connecticut innovator of the modern beer bar, Eli Cannon's has been pouring sought-after brews since long before it was a trendy business model. Food favorites here include the famous nachos, chicken wings (there's 20 custom sauces), the classic cannon burger and the blackened chicken wrap. • 695 Main St., Middletown, 860-347-3547 eliccannons.com. Closed Mon. L (Fri-Sun) D LS, \$, WA

The Essex • *New American* • **EP** The adventurous, seasonal menu fuses familiar New England flavors with traditional Japanese home-style cooking. The dining room wraps around the open kitchen in a modern, minimalist layout. Prix fixe available. • 30 Main St., Centerbrook, 860-237-4189 theessex.com. Closed Mon. L (Sun.) D, \$\$\$, WA

Fresh Salt at Saybrook Point Inn • *American* • **EP** Drink in the glorious water view while savoring cioppino, merlot-braised short ribs, osso buco and Block Island swordfish. • 2 Bridge St., Old Saybrook, 860-395-2000 saybrook.com. Open daily. B L (Mon.-Sat.) D SB, \$\$\$, E, WA

The Griswold Inn • *American* The beloved 1776 “Gris” features classic New England cuisine in the dining room, small plates and 50 wines by the glass in the wine bar, and a lively taproom. • 36 Main St., Essex, 860-767-1776 griswoldinn.com. Open daily. L D SB, \$\$\$, E, WA

Haywire Burger Bar • *Burgers* • **EP RC** Gourmet, ground in-house Black Angus burgers can be paired with one of 28 rotating craft beers or a selection from the extensive wine list. • 730 Boston Post Road, Westbrook, 860-391-8479 haywireburgerbar.com. Open daily. L D, \$\$, WA

Iguanas Ranas Taqueria • *Mexican* Affordable, fresh and authentic Mexican food served fresh and with home-style taste. • 484 Main St., Middletown, 860-346-8630 iguanasranastaqueria.com. Closed Sun. L D, \$, WA

It's Only Natural (ION) Restaurant • *Vegetarian* • **EP RC** Vegan/vegetarian offerings with a Southwestern bent, plus a full organic bar. • 606 Main St., Middletown, 860-346-9210 ionrestaurant.com. Closed Mon. L (Tue-Sat) D SB, \$\$, WA

Jack Rabbits • *Burgers* • **EP** Enjoy gourmet burgers, hot dogs and wings in a family-friendly atmosphere, or order it with a beverage at the Rabbit Hole Tavern next door. • 254 Main St., Old Saybrook, 860-510-0048 jackrabbitsct.com. Open daily. L D, \$

La Foresta • *Italian* This big and beautiful ristorante serves garden-fresh, ingredient-driven fine Northern Italian cuisine. It also has a VIP wine cellar and one of the state's best wine selections. • 163 Route 81, Killingworth, 860-663-1155 laforestarestaurant.com. Open daily. L (Mon-Fri) D, \$\$\$, E, WA

Lenny & Joe's Fish Tale • *Seafood* • **RC** This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 86 Boston Post Road, Westbrook, 860-669-0767 liffishtale.com. Open daily. L D, \$\$, WA

Liv's Oyster Bar & Restaurant • *Seafood* • **EP RC** Liv's is a stylish, small neighborhood restaurant housed in an old movie theater. The menu offers dishes like sea scallops, organic salmon, bistro filet steak and warm mushroom salad. • 166 Main St., Old Saybrook, 860-395-5577 livsoysterbar.com. Closed Tues. D, \$\$\$, WA

Luce • *American* • **EP** Have your aged steaks grilled over wood chips—there are 20 types to choose from. Offers seafood, an extensive wine list and a great bar atmosphere. • 98 Washington St., Middletown, 860-344-0222 lucect.com. Open daily. L D LS, \$\$, WA

Luigi's • *Italian* Enjoy classic Italian favorites like seafood cannelloni, chicken leonardo, veal parmigiana, whole clams, steak teriyaki and other dishes. • 1295 Boston Post Road, Old Saybrook, 860-388-9190 luigis-restaurant.com. Closed Mon. L D, \$\$, WA

Mondo • *Pizza* This casual, family-owned restaurant specializes in brick-oven, New York-style thin crust pizza. There is also a beer and wine bar. • 10 Main St., Middletown, 860-343-3300 mondomidmiddletown.com. Open daily L D, \$\$, WA

Puerto Vallarta • *Mexican* • **RC** Authentic, traditional Mexican cuisine is prepared fresh daily — sometimes even at your table — mixing time-honored recipes with innovative culinary techniques. • 200 Main Metro Square, Middletown, 860-852-0080 puertovallartausa.com. Open daily. L D, \$\$, WA

Taino Smokehouse • Barbecue • EP Their pork, beef and chicken products are wood smoked in Taino's large Ole Hickory Pits smoker. Seating opens up to the large backdoor patio in season. • 482 South Main St., Middletown, 860-358-9828 tainosmokehouse.com. Closed Mon. L, D, \$, WA

Taste of China • Chinese • EP Authentic Szechuan/Chengdu-style food in an elegant yet casual setting, with a full bar and an extensive beer list. • 233 E. Main St., Clinton, 860-664-4454 tasteofchinaus.com. Open daily. L, D, \$

Westbrook Lobster • Seafood • RC Offers the freshest fish possible in dishes ranging from baked stuffed lobster to teriyaki-grilled salmon to seafood paella. • 346 E. Main St., Clinton, 860-664-9464; 300 Church St., Wallingford, 203-265-5071 westbrooklobster.com. Open daily. L, D, \$\$, WA

Osa • Italian • EP Shared plates offer complex, Italian-inspired tastes in a striking, slatted pine décor. • 500 Main St., Middletown, 860-358-9782 osarestaurant.com. Closed Sun.-Tues. D, L, S, \$\$, WA

New Haven County

116 Crown • American Tapas / Small Plates • EP Dine on sliders, pizzettes and charcuterie and cheese in a lounge-like atmosphere — along with exciting and creative house cocktails. • 116 Crown St., New Haven, 203-777-3116 116crown.com. Closed Mon. D, L, S, \$\$, E, WA

Adriana's • Italian Old-fashioned Italian fare, served up in generous portions. • 771 Grand Ave., New Haven, 203-865-6474 adrianasnewhaven.com. Open daily. L (Mon-Fri) D, L, S, \$\$, WA

Archie Moore's Bar & Restaurant • American • RC Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 188½ Willow St., New Haven, 203-773-9870; 39 N. Main St., Wallingford, 203-265-7100; 15 Factory Lane, Milford, 203-876-5088; 17 Elizabeth St., Derby, 203-732-3255 archiemoores.com. Open daily. L, D, L, S, \$

b Milford • Burgers Gourmet burgers and a wide selection of beers and bourbons, with unique local offerings at each location. • 1638 Boston Post Road, Milford, 203-713-8700 burgersbeerbourbon.com. Open daily. L, D, L, S, SB, \$, WA

Baja's • Mexican • EP Casual, authentic Mexican food. • 63 Boston Post Road, Orange, 203-799-2252. Open daily. L, D, \$\$, WA

Bar Bouchee • French • EP RC Inspired by the neighborhood bistros of Lyon, France — known as bouchons — the menu features authentic French bistro classics as well as innovative cocktails and a carefully selected wine list. • 8 Scotland Ave., Madison, 203-318-8004 barbouchee.com. Open daily. D, \$\$, WA

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP RC Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. • 155 Temple St., New Haven, 203-848-3000 barcelonawinebar.com. Open daily. D, L, S, SB, \$, WA

Bella'Gio • Italian • RC Classic and original recipes like lobster ravioli and chicken or veal bellagio are served up with the freshest ingredients and paired with a full variety of wine, beer and liquor. Patio dining available. • 835 W. Main St., Cheshire, 203-439-9175 bellagioc.com. Open daily. L (Mon-Sat) D, \$\$, WA

Bin 100 • Mediterranean Feast on delicious Mediterranean cuisine elegantly served in a spacious dining room. • 100 Lansdale Ave., Milford, 203-882-1400 bin100restaurant.com. Open daily. D, \$\$\$, E, WA

Bistro Mediterranean • Mediterranean • RC This casual and relaxed restaurant has Spanish and Mediterranean influences and offers a variety of beloved dishes including scallops parrilla, paella and brussels sprout salad. • 383 Main St., East Haven, 203-467-2500 bistromediterraneanandtapasbar.com. Open daily. L, D, \$\$, WA

Bufalina • Pizza • EP Wood-fired, brick-oven pizza topped with water buffalo mozzarella brings the taste of Italy. • 1070 Boston Post Road, Guilford, 203-458-1377 bufalinact.com/. Closed Sun. & Mon. D, \$, WA

Cask Republic • American • EP Serious chef-crafted American fare as well as creative interpretations of globally inspired dishes with an inviting and fun vibe. • 179 Crown St., New Haven, 475-238-8335 caskrepublic.com. Open daily. L, D, \$\$

Ceviche • Latin Fusion Several styles of ceviche are offered here. In addition, the place features a variety of sizzling Latin dishes, cocktails and 30 types of tapas. Try the Granada Mojito, which features pomegranate flavors. • 530 Middlebury Road, Middlebury, 203-527-7634 cevichelatinkitchen.com. Closed Mon. L, D, \$\$, WA

Chip's Family Restaurant • American Famous for its perfect pancakes, Chip's also has a creative lunch and dinner menu, and guests are welcome to BYOB. • 321 Boston Post Road, Orange, 203-795-5065; 775 Main St. S, Southbury, 203-586-1258 chipsrestaurants.com. Open daily. B, L, D, \$, WA

Claire's Corner Copia • Vegetarian • EP RC Café-style spot offering globe-trotting dishes like Tia Juana quesadilla, Mediterranean pizza, Irish breakfast and Lithuanian coffee cake. • 1000 Chapel St., New Haven, 203-562-3888 clairescornercopia.com. Open daily. B, L, D, SB, \$, WA

Consiglio's Restaurant • Classic Italian Family-owned and -run for 80 years, Consiglio's is known for classic home-style favorites like homemade cavatelli and braciole, eggplant rollatini and lasagna. • 165 Wooster St., New Haven, 203-865-4489 consiglios.com. Open daily. L (Wed-Fri) D, \$\$, WA

Cristy's Madison • American • EP This restaurant and bar offers breakfast and dinner, as well as a complete burger menu. • 73 W. Wharf Road, Madison, 203-245-7377 cristysmadison.com. Open daily. B, L, D, \$\$

Dew Drop Inn • Pub Grub • EP RC Casual pub and grill known for its burgers, wide selection of craft beers and Peanut Butter & Jelly Chicken Wings. • 5 North Ave., Derby, 203-735-7757 facebook.com/Dewdropinnct. Open daily. L, D, L, S, \$, WA

Dino's Seafood • Seafood This family-run favorite of local diners for more than five decades prides itself on serving high-quality seafood with the taste of love and joy in every order. Customer favorites include strip clams, fritters, lobster rolls, and top-split hot dogs accompanied with a local craft beer. • 540 Washington Ave., North Haven, 203-239-5548 dinosseafood.com. Closed Mon. L, D, \$, WA

2018 BEST OF CONNECTICUT (CONNECTICUT MAGAZINE - EXPERTS AND READERS CHOICE AWARDS)



WINNER: BEST OUTDOOR DINING

WINNER: BEST BRUNCH

WINNER: BEST PUB

WINNER: BEST GOURMET BURGERS

WINNER: BEST VALUE

WINNER: BEST LUNCH



White Horse

A Country Pub & Restaurant



860-868-1496
258 New Milford Tpk.
New Preston, CT
whitehorsecountrypub.com

dining guide | new haven county

Domenic & Pia Downtown Pizzeria • Pizza • EP Enjoy the pizza made with simple, straightforward ingredients, or go for one of their signature subs. • 3 Brook St., Waterbury, 203-753-3401 [facebook.com/domenickandpiadowntownpizzeria](https://www.facebook.com/domenickandpiadowntownpizzeria). Closed Sun. L D, \$

Elm City Social • American • EP Features creative and upscale pub-friendly fare in a visually impressive setting. There is also an assortment of excellent cocktails offered. • 286 College St., New Haven, 475-441-7436 [elmcitysocial.com](https://www.elmcitysocial.com). Open daily. L (Mon-Fri) D LS SB, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza • EP While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 157 Wooster St., New Haven, 203-865-5762 [pepespizzeria.com](https://www.pepespizzeria.com). Open daily. L (Mon-Fri) D, \$, WA

Frank Pepe Pizzeria Napoletana • Pizza • EP RC The original home of New Haven-style thin-crust pizza, cooked in a coal-fired brick oven which is carefully replicated in Pepe's satellite locations. • 157 Wooster St., New Haven, 203-865-5762; 130 Reidville Drive, Waterbury, 475-235-2145 [pepespizzeria.com](https://www.pepespizzeria.com). Open daily. L, D, \$, WA

G-Zen • Vegetarian • EP RC Focused on green business ethics, G-Zen offers up locally sourced vegetarian, vegan, organic and sustainable cuisine. Saturday brunch and takeout available. • 2 E. Main St., Branford, 203-208-0443 [g-zen.com](https://www.g-zen.com). Closed Sun-Mon. L (Sat) D, \$\$, E

Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 271 Crown St., New Haven, 203-777-7700 [geronimobarandgrill.com](https://www.geronimobarandgrill.com). Open daily. L D LS SB, \$\$, WA

Heirloom • Modern Continental Seasonal Farm & Coastal menu draws its inspiration from the New England pantry with fresh ingredients sourced from regional heritage growers and artisan suppliers. Expansive international wine collection. • The Study at Yale, 1157 Chapel St., New Haven, 203-503-3919 [heirloomnewhaven.com](https://www.heirloomnewhaven.com). Open daily. B L (Mon-Fri) D LS SB, \$\$, WA

Home • American Whether in the main "dining room" or the "living room" lounge, Home offers up locally sourced food and a wide selection of regional craft brews to make its guests feel comfortable and comforted. • 1114 Main St., Branford, 203-483-5896 [homerestaurantct.com](https://www.homerestaurantct.com). Closed Mon. L D LS, \$\$, E

House of Naan • Indian • EP Contemporary and savory Indian dishes, with Fusion craft cocktails enlivened by authentic fresh Indian spices and an enjoyable atmosphere. • 65 Howe St., New Haven, 203-562-6226 [houseofnaan.com](https://www.houseofnaan.com). Open daily. L D LS, \$, WA

L'Orcio • Contemporary Italian This upscale contemporary restaurant features an outdoor patio and a menu of house-made pastas, grilled whole fish and steaks with seasonal cuisine. • 806 State St., New Haven, 203-777-6670 [lorcio.com](https://www.lorcio.com). Closed Mon. D, \$\$

La Tavola Ristorante • Classic Italian • EP Enjoy a twist on classic Italian cuisine with prosciutto-wrapped figs, pepper bief carpaccio and pepper-encrusted Ahi tuna. • 702 Highland Ave., Waterbury, 203-755-2211 [latavolaristorante.com](https://www.latavolaristorante.com). Open daily. L (Mon-Sat) D, \$\$\$, WA

Le Petit Café • French • EP Simple, fresh and elegant dining with the menu du jour in a cozy, unpretentious atmosphere. • 225 Montowese St., Branford, 203-483-9791 [lepetitcafe.net](https://www.lepetitcafe.net). Closed Mon.-Tues. D, \$\$\$

Lenny & Joe's Fish Tale • Seafood • RC This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 501 Long Wharf Drive, New Haven, 203-691-6619; 1301 Boston Post Road, Madison, 203-245-7289 [ljfishtale.com](https://www.ljfishtale.com). Open daily. L D, \$\$, WA

Mamoun's • Middle Eastern • RC Authentic Middle Eastern cuisine, made from scratch using fresh, natural ingredients, fine imported spices and signature recipes, served in a traditional environment. • 85 Howe St., New Haven, 203-562-8444 [mamouns.com](https://www.mamouns.com). Open daily. L D LS, \$, WA

Midnight Ramen • Asian • RC From 11 p.m. to 3 a.m. Fri. & Sat., Anya Sushi serves authentic Japanese Ramen, as well as varieties of sake, wine and Japanese beer. • 1150 Chapel St., New Haven, 203-891-6716 [midnightramen.com/](https://www.midnightramen.com/). Fri. & Sat. only LS, \$, WA

MiKro Beer Bar • Gastropub • EP The unique menu includes the "French Revolution" flatbread, steamed mussels & frites, and shrimp & grits. The name (pronounced "micro") refers to the bar's intimate space and to the lineup of microbrews. • 3000 Whitney Ave., Hamden, 203-553-7676 [mikrobeerbar.com](https://www.mikrobeerbar.com). Open daily. D SB, \$\$, WA

Miya's • Sushi • EP Sushi restaurant like no other, thanks to chef Bun Lai's unique creations. • 68 Howe St., New Haven, 203-777-9760 [miyassushi.com](https://www.miyassushi.com). Closed Mon. L D LS, \$\$, WA

Modern Apizza • Pizza • EP RC Classic New Haven destination for brick-oven pizza and calzone. • 874 State St., New Haven, 203-776-5306 [modernapizza.com](https://www.modernapizza.com). Closed Mon. L D LS, \$, WA

Moxie • American • EP High-end American cuisine is the star here. Try the perfectly cooked burger that comes with awesome fries doused in kosher salt and malt vinegar powder. • 52 Wall St., Madison, 203-421-6963 [moxie-bar.com](https://www.moxie-bar.com). Closed Mon. D (Tues.-Sun) L (Fri.-Sun.), \$\$, WA

Olea • Spanish • EP RC World-class, full-service Spanish restaurant, with a fun tapas bar. • 39 High St., New Haven, 203-780-8925 [oleanewhaven.com](https://www.oleanewhaven.com). Closed Sun. D, \$\$\$, WA

Olives and Oil • Italian • EP Recognizable and familiar dishes are done in adventurous ways that are exciting and well executed. • 124 Temple St., New Haven, 203-891-5870 [olivesandoil.com](https://www.olivesandoil.com). Open daily. L D LS, \$\$, WA

Park Central Tavern • American The dynamic weekly menu showcases signature entrées and classic favorites made with fresh New England ingredients. • 1640 Whitney Ave., Hamden, 203-287-8887 [parkcentraltavern.com](https://www.parkcentraltavern.com). Closed Mon. L (Wed-Sun) D SB, \$\$, WA

The Place • Seafood • EP RC Outdoor restaurant where seafood is cooked over an 18-foot fire pit. Open seasonally May-Sept. and weekends in Oct. • 901 Boston Post Road, Guilford, 203-453-9276 [theplaceguilford.com](https://www.theplaceguilford.com). Open daily. L (Sat-Sun) D, \$, WA

Prime 16 • Burgers • EP Select from a list of gourmet burgers or build your own, plus a variety of sandwiches, salads and small plates. • 172 Temple St., New Haven, 203-782-1616; 464 Boston Post Road, Orange, 203-553-9616 [prime16.com](https://www.prime16.com). Open daily. L, D, LS (Orange), \$

Puerto Vallarta • Mexican • RC Authentic, traditional Mexican cuisine is prepared fresh daily – sometimes even at your table – mixing time-honored recipes with innovative culinary techniques. • 377 Boston Post Road, Orange, 203-799-9977 [puertovallartausa.com](https://www.puertovallartausa.com). Open daily. L D, \$\$, WA

Ristorante Luce • Classic Italian Enjoy the double-cut veal chops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, 203-407-8000 [ristoranteluce.net](https://www.ristoranteluce.net). Open daily. L (Mon-Fri) D, \$\$, WA

Sally's Apizza, New Haven • Pizza • EP Each pie is individually hand-made and carefully baked in the coal-fired oven at this New Haven landmark. • 237 Wooster St., New Haven, 203-624-5271 [sallysapizza.com](https://www.sallysapizza.com). Closed Mon.-Tues. L D, \$, WA

Señor Pancho's • Mexican Festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, carne asada and fajitas. • 280 Cheshire Road, Prospect, 203-758-7788; 385 Main St. S., Southbury, 203-262-6988 [senorpanchos.com](https://www.senorpanchos.com). Open daily. L D, \$, E, WA

Shell & Bones Oyster Bar & Grill • Seafood • EP RC This waterside restaurant features the celebrated creations of executive chef Arturo Franco-Camacho whose specialties include steak and seafood. • 100 South Water St., New Haven, 203-787-3466 [shellandbones.com](https://www.shellandbones.com). Open daily. D L (Sat.-Sun.), \$\$\$, WA

Spiga • Italian • RC Pair a small plate, entrée or brick-oven pizza with one of more than 30 wines on hand. • 136 Main St., New Canaan, 203-920-1351 [eatatspiga.com](https://www.eatatspiga.com). Open daily. L D LS SB, \$\$, WA

Taste of China • Chinese • EP Authentic Szechuan/Chengdu-style food in an elegant yet casual setting, with a full bar and an extensive beer list. • 954 Chapel St., New Haven, 203-745-5872 [tasteofchinaus.com](https://www.tasteofchinaus.com). Open daily. L D LS, \$

Union League Cafe • French • EP RC Designed to capture the conviviality and old-world charm of a Parisian brasserie — less formal, more lively, unpressured but with attention to memorable food, wine and service. • 1032 Chapel St., New Haven, 203-562-4299 [unionleaguecafe.com](https://www.unionleaguecafe.com). Closed Sun. L (Mon-Fri) D, \$\$\$, WA

The Wharf • New American • EP This spot at the Madison Beach Hotel serves up panko-crust sea bass, duck two ways and bourbon-glazed pork tenderloin — with a side of water views. • 94 West Wharf Road, Madison, 203-350-0014 [madisonbeachhotel.com](https://www.madisonbeachhotel.com). Open daily. B L D, \$\$\$, WA

Zaragoza • Tapas • EP Tapas and hand-crafted cocktails in a modern, sophisticated space. • 31 Bank St., New Milford, 860-350-0701 [zaragozareastaurant.com](https://www.zaragozareastaurant.com). Open daily. L (Fri. & Sat.) D SB, \$\$

Zinc • American • EP Their modern interpretation of "American Food" is local market-inspired and globally infused with a focus on sustainable food, offering a dining experience fit for even the most enthusiastic of foodies. • 964 Chapel St., New Haven, 203-624-0507 [zincfood.com](https://www.zincfood.com). Closed Sun. L (Tues.-Fri.) D, \$\$\$

New London County

Bleu Squid • American A bakery and cheese shop serving 30 cheeses and dozens of different cupcakes. Also serves up breakfast as well as grilled cheese sandwiches to go, freshly made and to order, including the best-selling lobster grilled cheese. • 27 Coogan Blvd., Mystic, 860-536-6343 [dessertsmysticct.com](https://www.dessertsmysticct.com). Open daily. B L, \$, WA

Caffé NV • Greek • RC Favorites include pasta a la Philip and shrimp Saganaki at this restaurant with stained-glass windows and brick walls. • 57 Boston Post Road, Waterford, 860-444-8111 [cafenv.com](https://www.cafenv.com). Closed Sun. L D, \$\$, WA

The Captain Daniel Packer Inn • American This 1754 whaler's inn features a view of the Mystic River along with dishes like lemon pepper chicken, filet mignon and Faroe Island salmon. • 32 Water St., Mystic, 860-536-3555 [danielpacker.com](https://www.danielpacker.com). Open daily. L D, \$\$\$, E, WA

Chester's Barbecue • Barbecue • EP RC Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 943 Poquonnock Road, Groton, 860-449-6868 [chestersbbq.com](https://www.chestersbbq.com). Open daily. L D, \$\$, WA

Flanders Fish Market & Restaurant • Seafood • RC Flanders excels at lobster bisque, fish-and-chips and broiled seafood. Known for its Sunday brunch, fresh seafood market and New England clamcakes. • 22 Chesterfield Road, East Lyme, 860-739-8866 [flandersfish.com](https://www.flandersfish.com). Open daily. L D SB, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza • EP RC The original home of New Haven-style thin-crust pizza, cooked in a coal-fired brick oven which is carefully replicated in Pepe's satellite locations. • Mohegan Sun, Uncasville, 860-862-8888 [pepespizzeria.com](https://www.pepespizzeria.com). Open daily. L, D, \$, WA

Frank Pepe Pizzeria Napoletana • Pizza • EP While world-famous white clam pizza is the standout, any pie here is worth the wait. • Mohegan Sun, Uncasville, 860-862-8888 [pepespizzeria.com](https://www.pepespizzeria.com). Open daily. L (Mon-Fri) D, \$, WA

Friar Tuck's Tavern • Pub Grub • RC A faithful tribute to the original idea of a "pub," with a warm atmosphere and unfussy, unpretentious, but hearty and filling food. • 15 Water St., Mystic, 860-572-6069 [friartucksmytic.com](https://www.friartucksmytic.com). Open daily. L D LS, \$\$, E, WA

Kensington's at Norwich Inn • American A first-class restaurant serving gourmet food with an emphasis on natural meats, fresh, locally sourced produce and healthy preparations. • 607 West Thames St., Norwich, 860-425-3630 [thespaatnorwichinn.com/kensingtons](https://www.thespaatnorwichinn.com/kensingtons). Open daily. B L D SB, \$\$\$, E, WA

M/BAR, Mystic • Tapas • EP Restored gas station featuring coffee, wine, spirits and inspired small plates. • 30 Broadway Ave., Mystic, 860-245-4499 [mbarct.com](https://www.mbarct.com). Open daily. B & L (Mon.-Fri.), D (Wed.-Sun.), \$\$, WA

The Old Lyme Inn • American The Inn's restaurant and bar features a locally sourced menu with a modern twist on traditional dishes. Enjoy blues music from the patio on weekends and live jazz music during Sunday brunch. • 85 Lyme St., Old Lyme, 860-434-2600 [oldlymeinn.com](https://www.oldlymeinn.com). Closed Sun-Mon. L D SB, \$\$\$, E, WA

Oyster Club • American • EP This popular place showcases food that travels the shortest distance from farm and sea to table, with seasonality and location determining the day's dishes. • 13 Water St., Mystic, 860-415-9266 [oysterclubct.com](https://www.oysterclubct.com). Closed Tues. L (Sat.) D SB, \$\$, WA

Rebeka Fresh Pasta Restaurant • Italian • RC Authentic Italian pasta dishes, made fresh daily. • 135 Boston Post Road, East Lyme, 860-691-1155 [rebekafreshpastarestaurant.com](https://www.rebekafreshpastarestaurant.com). Open daily. D, \$\$, WA

Red 36 • American • EP It's all about the sea at this waterside hotspot that offers delicious dinner with a great view. • 2 Washington St., Mystic, 860-536-3604 [red36ct.com](https://www.red36ct.com). Closed Mon. L D, \$\$

Rise, Mystic • American • RC Breakfast spot in a homey and comfortable atmosphere, offering both standard breakfast fare and some unique twists. Lunch is also available. • 10 Water St., Mystic, 860-415-9519 risemysticct.com. Closed Tues. B L, \$, WA

S&P Oyster Co. • Seafood • RC Serving traditional New England seafood with a South American flair. Enjoy oysters on the half shell, PEI mussels, fresh cuts of fish and Creekstone Farms steaks grilled over hardwoods. Call ahead for priority seating. • 1 Holmes St., Mystic, 860-536-2674 sp-oyster.com. Open daily. L D, \$\$\$, WA

Tolland County

Asian Bistro • Asian Fusion • EP A popular hibachi steakhouse/bar offering Asian-fusion dishes along with sushi and sashimi. • 95 Storrs Road, Mansfield, 860-456-8316 asianbistromansfield.com. Open daily. L D, \$, WA

Bidwell Tavern & Cafe • American This 1822 Coventry tavern, once the town hall, offers prime rib, chicken wings and 24 beers on tap. • 1260 Main St. (Route 31), Coventry, 860-742-6978 thebidwelltavern.com. Open daily. L D L, \$, \$, E, WA

The Blue Oak at the Nathan Hale Inn • American On the UConn campus, enjoy honest New England-style dishes and lighter fare. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. B L D, \$\$\$, WA

Camille's Wood Fired Pizza • Pizza • EP Pair the fresh pizzas, pastas and artisan dishes with a diverse selection of wines or craft beers. • 23 Fieldstone Commons, Tolland, 860-896-6976 camillespizza.com. Closed Mon. L, D, \$, WA

Lake View • Seafood / Italian Fresh seafood, Italian dishes, paninis, salads, burgers and wings are served in a casual, romantic waterside setting. • 50 Lake St., Coventry, 860-498-0500 coventrylakeview.com. Open daily. L D L, \$, \$, E, WA

Rein's New York Style Deli-Restaurant • American • EP RC Bright and bustling Jewish deli serving everything from challah French toast and potato pancakes to pastrami reubens and cheese blintzes. • 435 Hartford Tpke., Vernon, 860-875-1344 reinsdeli.com. Open daily. B L D L, \$, \$, WA

True Blue Tavern at the Nathan Hale Inn • American Great casual dining in a fun atmosphere celebrating the spirit of UConn athletics. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. L D, \$, \$, WA

Utsav Indian Cuisine • Indian • EP This gem boasts a menu of delectable Indian treats such as shamm savora or calamari cochin. • 575 Talcottville Road, Vernon, 860-871-8714 utsavcuisine.com. Open daily. L D, \$, \$, WA

Windham County

The Courthouse Bar & Grille • American • EP Serves lots of great appetizers, plus "arresting" main courses such as seafood casserole and Montreal sirloin. • 121 Main St., Putnam, 860-963-0074 courthousebarandgrille.com. Open daily. L D L, \$, \$, WA

The Flatbread Company, Canton • Pizza • EP Wood-fired, clay oven pizza made from organic and all-natural ingredients. • 110 Albany Turnpike #914, Canton, 860-693-3314 flatbreadcompany.com/canton/. Open daily. L D, \$, WA

Hank's Restaurant • American A family place serving home-style favorites like baked stuffed shrimp, lobster salad rolls and prime rib. • 416 Providence Road, Brooklyn, 860-774-6071 hanksrestaurant.com. Open daily. L D, \$, \$, WA

The Heirloom Food Company • Vegan • EP Organic cafe & juice bar offering locally sourced, organic ingredients. • 630 N. Main St., Danielson, 860-779-3373 eatheirloomfood.com. Closed Sun.-Mon. B L, \$, WA

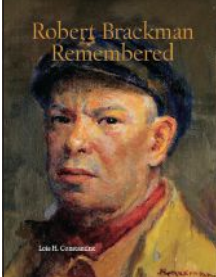
The Inn at Woodstock Hill • American The menu at this historic estate includes shrimp-and-sea-scallop stir-fry and duckling à l'orange. • 94 Plaine Hill Road, Woodstock, 860-928-0528 woodstockhill.com. Closed Mon. L (Thu.-Sat, Apr.-Nov) D (Tue.-Sat) SB, \$\$\$, WA

The Mansion at Bald Hill • American Entrees include pistachio salmon and New Zealand rack of lamb, and don't skip the lobster mac 'n' cheese. • 29 Plaine Road, South Woodstock, 860-974-3456 mansionatbaldhill.com. Closed Mon. D SB, \$\$\$, WA

Willimantic Brewing Co. / Main Street Café • Brew Pub This pioneering brewery is located within a historic U.S. Post Office building. Beers are brewed in full view of diners. Try the ale-steamed mussels. Other Connecticut craft beers available. • 967 Main St., Willimantic, 860-423-6777 willbrew.com. Open daily. L (Tue.-Sun) D L, \$, \$, WA

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**Premieres Monday, April 16
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For more information and sponsorship opportunities visit:

cptv.org/makingthefuture

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What's On!

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POWER OVER PARKINSON'S



Power Over Parkinson's
New Film Explores Changing Views on
Treatment of Parkinson's Disease

Premieres Thursday, April 5 at 8 p.m. on
Connecticut Public Television



PRESIDENT'S MESSAGE



Spring is here, so it seems appropriate that we at Connecticut Public – home of Connecticut Public Television and Connecticut Public Radio – share some exciting new projects we have been working on!

Connecticut's manufacturing industry is on the rise, and so is the need for talented and engaged young people who are interested in manufacturing careers. In response, Connecticut Public has launched a new initiative called *Making the Future*, a series of short video stories airing on television and on our social media platforms. Our goal is to tell authentic stories about the young people in Connecticut who have found satisfying careers in high-tech manufacturing industries. Thanks to the support of the Connecticut Business & Industry Association, The MetroHartford Alliance, Trumpf, and the Corporation for Public Broadcasting's American Graduate Initiative, we hope this multi-platform approach will inspire and spark a personal connection with our viewers. For more information about *Making the Future*, visit cptv.org/makingthefuture.

This month, we will also present the premiere of *Power Over Parkinson's*, a moving look at the doctors, scientists, and patients who are taking a new approach to treating Parkinson's disease. We are excited to highlight ongoing research, including right here in Connecticut at the David & Rhoda Chase Family Movement Disorders Center, showing that through exercise, People with Parkinson's (PwP's) are able to live happier, more active lives. *Power Over Parkinson's* premieres Thursday, April 5 at 8 p.m. on Connecticut Public Television. For more information, see our feature story in this issue.

Finally, also premiering this month is the third season of Connecticut Public Television's popular performance series *The Kate*. Filmed live at the Katherine Hepburn Cultural Arts Center in Old Saybrook, this season's lineup includes Black Violin, John Oates, Jimmy Webb, and more! Catch *The Kate* Fridays at 10 p.m. beginning April 6 on Connecticut Public Television.

As always, we thank you, our members, for your ongoing support. From community initiatives to in depth, original programming, none of our endeavors would be possible without you.

PRESIDENT AND CEO, CONNECTICUT PUBLIC



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The Child in Time on Masterpiece

Sunday, April 1 at 9 p.m. on CPTV

A moment of distraction triggers a crisis in the lives of a happy, successful British couple in Ian McEwan's haunting tale of a lost child and redeemed love, starring Benedict Cumberbatch (*Sherlock*) and Kelly Macdonald (*Boardwalk Empire*).



Nature: Sex, Lies and Butterflies

**Wednesday, April 4
at 8 p.m. on CPTV**

Butterflies have been flying around our planet for more than 50 million years, and today around 20,000 different species inhabit the globe. Follow their lives from egg to caterpillar to chrysalis to the emergence of the full-blown, winged creature.



Civilizations

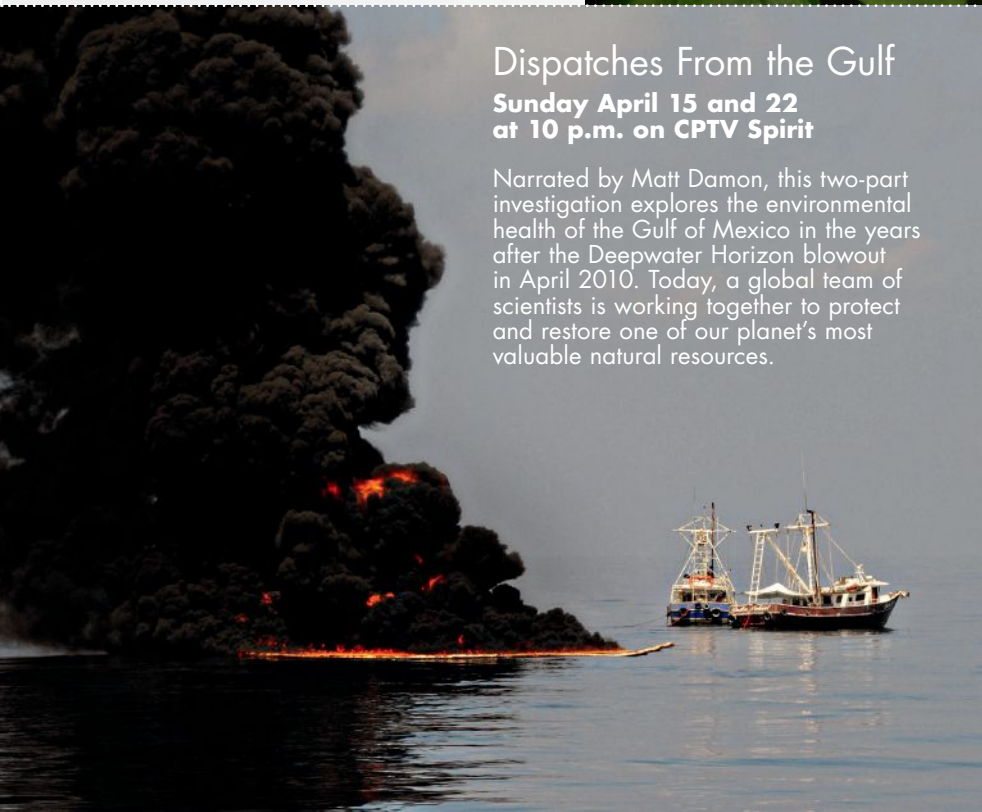
**Tuesdays at 8 p.m.
beginning April 17 on CPTV**

Survey the history of art, from antiquity to the present, on a global scale in a reinvention of the classic television series. The nine-part series will reveal the role art and creative imagination have played in forging humanity, and introduce viewers to works of beauty, ingenuity, and illumination across cultures.

Dispatches From the Gulf

**Sunday April 15 and 22
at 10 p.m. on CPTV Spirit**

Narrated by Matt Damon, this two-part investigation explores the environmental health of the Gulf of Mexico in the years after the Deepwater Horizon blowout in April 2010. Today, a global team of scientists is working together to protect and restore one of our planet's most valuable natural resources.



The Himalaya Connection

**Monday, April 2
at 9 p.m. on CPTV Spirit**

Shot in Bangladesh, Bhutan, China, Nepal, and other countries, this film explores the dramatic and far-reaching effects of the Indian and Asian tectonic plates crashing below the Himalayas and their impact on the region's geology, climate, and people. It also reveals how the Indian-Asian plate collision created Earth's highest mountain range — the Himalayas — and some of Earth's largest rivers, such as the Brahmaputra, Ganges, and Indus.

POWER OVER PARKINSON'S

New Film Explores Changing Views on Treatment of Parkinson's Disease

There are approximately 1.5 million people living with Parkinson's disease in the United States and an estimated seven to 10 million people living with the disease worldwide. Each year, 60,000 Americans are diagnosed with Parkinson's. Long-term, it is debilitating, making simple tasks like eating and walking difficult. There is no cure.

“If you're feeling bad physically, it's hard for you to feel good mentally. And exercise does something great for both.”

—Robin Downey,
Glastonbury



“Parkinson's disease is a neurologic condition that manifests primarily with tremors, slowness of movement, rigidity of the muscles, and some difficulties with walking and balance,” says J. Antonelle de Marcaida, Director of the Chase Family Movement Disorders Center at Hartford Hospital in Connecticut. “It is a chronic, progressive neuro-degenerative disorder. That is the reality.”

Nevertheless, new research is providing those who suffer from Parkinson's with hope. In *Power Over Parkinson's*, premiering Thursday, April 5 at 8 p.m. on Connecticut Public Television, determined doctors, researchers, and patients share a different perspective on treatment: the importance of exercise.



POWER OVER PARKINSON'S IS SPONSORED BY
WHELEN ENGINEERING

Research Promotes Benefits of Tango



At Washington University in St. Louis, research is showing that certain types of exercise can contribute to less severe symptoms. According to Gammon M. Earhart, Professor of Physical Therapy, Neurology, and Neuroscience at the university's medical school, patients with Parkinson's disease who took part in regular tango dance classes showed substantial improvements in balance and mobility when compared to patients who did conventional exercise.

Because those living with Parkinson's experience issues with walking, multi-tasking, and quickness of movement, it is not surprising that dancing, but tango in particular, was so effective. "All of these things are built into the dance," says Earhart. "So you're practicing the things that are hard for you within the context of tango."

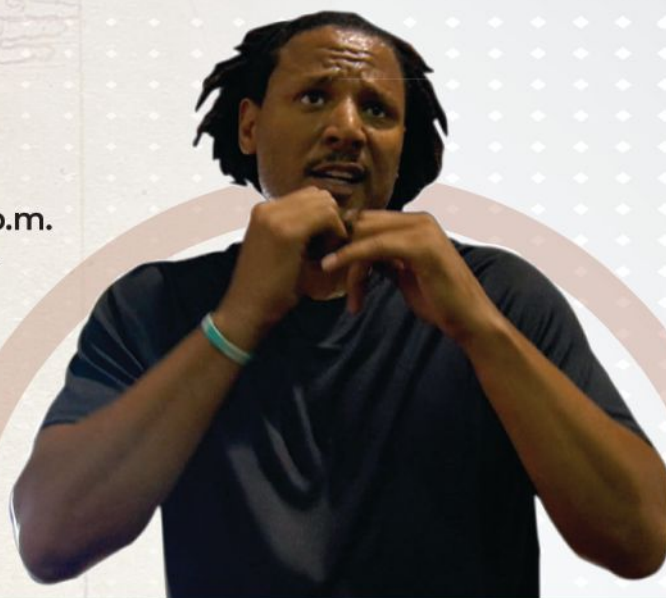
Power Over Parkinson's premieres Thursday, April 5 at 8 p.m. on Connecticut Public Television. More information, including additional resources, can be found at cptv.org.



Creating Community at Boot Camp

When she was diagnosed with Parkinson's disease in October of 2013, Lynn Herbert began researching her options. When she found the Brian Grant Foundation's boot camp, located in Portland, Oregon, she decided to bring the class to her home town of Albany. Those who participate in the class use basketball and basic aerobics to open up rigid muscles.

The satellite class has also created a much-needed sense of community, says trainer Joanne Markham. "A lot of times, people who have Parkinson's don't want anyone else to know about it," says Markham. "Having this class makes them feel less alone."










NBA Star Joins the Fight

Power Over Parkinson's also features the Brian Grant Foundation, established in 2010 after 12-year NBA veteran Brian Grant was diagnosed with Parkinson's disease. The foundation develops exercise classes based on the latest research, cooking classes with nutritionists, and retreats led by experts in wellness in order to encourage and inspire healthy living for those with Parkinson's.

"He was frustrated in the early years," says Katrina Kahl, Executive Director of the Brian Grant Foundation. "There was limited information on how to live well with the disease." Grant hopes that through his work, he can help others navigate life post-diagnosis in a more fulfilling way. "That is why he shares his story openly and honestly. To him, that's the biggest impact he can make," continues Kahl. "It's to say, 'this is what it means to live with this disease, and here are the ways we can live better with it.'"

Prime Time | April 1-6

- CPTV Original, CPTV National Production or Presentation, or CPTV Co-production indicated in **blue font**.
- Program or episode premiere indicated by a **P**. Live broadcasts indicated by a **L**.
- Asterisk indicates that show begins prior to 8 p.m.; two asterisks indicate that show ends after 12 a.m. Visit CPTV.org/schedule for exact start and end times.
- This schedule is accurate as of press time; visit CPTV.org/schedule for the most up-to-date program schedule.

SUN 1	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Call the Midwife, Season 7 - Part 3  A mother abandons her children at the clinic.		The Child in Time on Masterpiece  A moment of distraction triggers a crisis for a happy British couple. Benedict Cumberbatch and Kelly Macdonald star.			Little Women: A Timeless Story	Mary Tyler Moore: A Celebration This celebration of Moore's career includes clips and interviews.	
 spirit	Secrets of the Dead - The Lost Gardens of Babylon		The Last Days of Jesus - Parts 1 & 2 New evidence offers an image of Jesus as an astute leader with ties to the most powerful people in Rome.			Time Scanners - Jerusalem Explore Jerusalem's building legacy.		
MON 2	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Antiques Roadshow - Portland, Part 1  Great finds include a Lincoln-inscribed photo.		Antiques Roadshow - Little Rock, Part 1 An Olin Travis Ozark hilltop painting is appraised.		Understanding the Opioid Epidemic People impacted by the epidemic share their stories.		It's "Just" Anxiety People from diverse backgrounds describe their personal struggles with anxiety.	
 spirit	Born to Explore	Samantha Brown's...	The Himalaya Connection  The 2015 earthquake in Nepal is explored.		NOVA - Secrets of the Sky Tombs		Arts in Exile: Tibetan Treasures in Small Town America 	
TUE 3	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Roads to Memphis: American Experience On April 4, 1968, Martin Luther King, Jr. was assassinated.		Black America Since MLK: And Still I Rise - Out of the Shadows/Move On Up Henry Louis Gates, Jr. looks at the past 50 years of African-American history, exploring the progress made and the obstacles that remain.			We'll Meet Again - Freedom Summer People who lost touch after the civil rights movement reunite.		
 spirit	NOVA - Roman Catacomb Mystery		Italy's Mystery Mountains How was the Italian peninsula created?		Mystery of the Roman Skulls Skulls are found beneath London.		Roadtrip Nation: Ready to Rise Three youths travel across the U.S.	
WED 4	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Nature - Sex, Lies & Butterflies  Explore the abilities of butterflies and follow them on a great migration.		Black America Since MLK: And Still I Rise - Keep Your Head Up/Touch the Sky (See CPTV, April 3 at 9 p.m.)			Antiques Roadshow - Portland, Part 1 (See CPTV, April 2 at 8 p.m.)		
 spirit	Influenza 1918: American Experience		Triangle Fire: American Experience		Independent Lens - When God Sleeps  An Iranian musician hides after clerics issue a fatwa for his death.		Film School Shorts	
THU 5	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Power Over Parkinson's 	Living with Parkinson's	Vera - On Harbour Street Vera investigates the mysterious death of a pensioner on a busy Newcastle train.			Marley's Ghosts, Season 2 - Part 4	Ask This Old House	This Old House
 spirit	Start Up	Craftsman's Legacy 	This Old House Hour  Demolition starts on the Charleston projects.		The Great British Baking Show, Season 4 - Part 5: Pastry		Martha Bakes	Baking with Julia
FRI 6	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Midsomer Murders - Talking to the Dead, Part 1 Two couples disappear near the woods.		Death in Paradise, Season 5 - Lost Identity Humphrey's aunt witnesses a man's plunge to his death.		The Kate - Marc Broussard  The blue-eyed soul pop star performs with his New Orleans-style band.		Live from the Artists Den - John Legend John Legend performs "All of Me," "Glory," and more.	
 spirit	The Public Television Feature Film Collection - Ben-Hur  An enslaved Judean prince (Charlton Heston) meets his Roman betrayer (Stephen Boyd), a former friend, in a chariot race.							On Story






The Kate Season 3

Fridays at 10 p.m. beginning April 6 on CPTV

Connecticut Public Television's eclectic performance series returns for a new season of bold performers with something to say. Catch a dynamic lineup of artists filmed live at the Katherine Hepburn Cultural Arts Center in Old Saybrook, including Nancy and Beth, Black Violin, John Oates, and more!



Prime Time | April 7-12

SAT 7	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Viewers' Favorites* (Start: 7:30 p.m.) CPTV presents one of its most popular specials.		The Public Television Feature Film Collection - Cocoon  Ron Howard directs this Oscar-winning tale about Florida retirees who find the fountain of youth in a pool filled with alien pods.			Pioneers of Television - Superheroes See interviews with Adam West, Lynda Carter, and more.		
 pspirit	800 Words, Season 2 - Part 13  A pregnancy sparks a crisis.		The Durrells in Corfu, Season 2 on Masterpiece - Part 4		Grantchester, Season 1 on Masterpiece - Part 1		Vera - On Harbour Street** (See CPTV, April 5 at 9 p.m.)	
SUN 8	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Call the Midwife, Season 7 - Part 4  Sister Julianne navigates a complex situation.		Unforgotten, Season 1 on Masterpiece - Part 1  Cassie and Sunny investigate a skeleton buried in a cellar and discover a 40-year-old murder.			Midsomer Murders - Talking to the Dead, Part 1 (See CPTV, April 6 at 8 p.m.)		Marley's Ghosts, Season 1 - Part 1
 pspirit	Nature's Great Race - Elephants Follow a gathering of elephants.		The Great Yellowstone Thaw - Part 1		The Adirondacks Follow the seasons in this protected land, and hear both modern stories and historical tales of the region.			
MON 9	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Antiques Roadshow - Portland, Part 2  Appraisals include a Ming Dynasty celadon bowl.		Antiques Roadshow - Little Rock, Part 2 Fantastic finds include a Truman Capote <i>Playboy</i> manuscript.		Ethan Bortnick: Celebration of Music - Talent Search Join Ethan Bortnick as he presents talented young performers from across Connecticut.			Arts in Context - Lift the Heart
 pspirit	Born to Explore	Samantha Brown's...	Henry McIlhenny: Master of Glenveagh		Globe Trekker - Food Hour: Ireland		Ballyfin: Portrait of an Irish Country House	
TUE 10	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Secrets of the Dead - Hannibal in the Alps  Experts investigate Hannibal's route across the Alps.		Secrets of the Dead - Nero's Sunken City Archaeologists map underwater ruins of Baiae.		Frontline - Trump's Takeover  Go inside President Trump's battle for control of the Republican Party.		Dream On** Alexis de Tocqueville, who popularized the idea of the American dream, is profiled.	
 pspirit	NOVA - Chinese Chariot Revealed Ancient chariots are reconstructed.		Museum Access	Frontline - The Fish on My Plate Paul Greenberg eats only fish for a year and investigates the ocean's health.		Roadtrip Nation: Changing Gears Auto technicians are interviewed.		
WED 11	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Nature - Moose: Life of a Twig Eater Experience a moose mother's love and a calf's first year of life.		NOVA - Holocaust Escape Tunnel Archaeologists probe the ruins of a Nazi execution site in Lithuania.		GI Jews: Jewish Americans in WWII  The story of the 550,000 brave Jewish Americans who served in World War II is revealed.			Finding Kalman
 pspirit	Defying the Nazis: The Sharps' War Follow one couple's mission to help refugees escape Nazis in 1939.		Jewish Film Showcase - Raise the Roof  Artists reconstructed a historic synagogue's roof and ceiling.			Independent Lens - The Art of the Shine 		
THU 12	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	The Dr. Blake Mysteries - Sorrow Songs  Blake goes inside the world of Romani travelers.		Vera - Protected Vera investigates the murder of a man who was found dead on the beach at Whitley Bay.			Marley's Ghosts, Season 2 - Part 5	Ask This Old House	This Old House
 pspirit	Start Up	Craftsman's Legacy 	This Old House Hour  An old fireplace will house a new stove.		The Great British Baking Show, Season 4 - Part 6: Botanical		Martha Bakes	Baking with Julia



















GI Jews: Jewish Americans in World War II

**Wednesday, April 11
at 10 p.m. on CPTV**

Discover the story of the 550,000 brave Jewish Americans who served in World War II, fighting not only for their country, but for their beliefs and brethren across the world. After years of struggle, they emerged transformed, more powerfully American and more deeply Jewish, determined to continue the fight for equality and tolerance at home.

Prime Time | April 13-18

FRI 13	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Midsomer Murders - Talking to the Dead, Part 2 (See CPTV, April 6 at 8 p.m.)		Death in Paradise, Season 5 - Dishing Up Murder A man is killed after launching his new restaurant.		The Kate - Nancy And Beth Megan Mullally and Stephanie Hunt perform "Please Mr. Jailer" and more.		Live from the Artists Den - OneRepublic The band performs "Apologize," "Good Life," and more.	
 spirit	Pioneers of Television - Doctors and Nurses		The Public Television Feature Film Collection - Cocoon (See CPTV, April 7 at 9 p.m.)				Science Goes to the Movies	On Story
SAT 14	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	The Public Television Feature Film Collection - Ben-Hur (See CPTV Spirit, April 6 at 8 p.m.)							The Dr. Blake Mysteries - Sorrow Songs**
 spirit	800 Words, Season 2 - Part 14  A new restaurant is opening in town.		The Durrells in Corfu, Season 2 on Masterpiece - Part 5		Grantchester, Season 1 on Masterpiece - Part 2		Vera - Protected** (See CPTV, April 12 at 9 p.m.)	
SUN 15	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Call the Midwife, Season 7 - Part 5  Lucille tries to win the trust of a mother with a fear of giving birth.		Unforgotten, Season 1 on Masterpiece - Part 2  Cassie and Sunny dig deeper into Jimmy's murder.		Midsomer Murders - Talking to the Dead, Part 2 (See CPTV, April 6 at 8 p.m.)		Marley's Ghosts, Season 1 - Part 2	
 spirit	Nature's Great Race - Caribou Follow a migration of caribou.		The Great Yellowstone Thaw - Part 2		Journey to Planet Earth - Dispatches from the Gulf, Part 1 		Independent Lens - The Great Invisible	
MON 16	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Antiques Roadshow - Portland, Part 3  Finds include a Pablo Picasso Grand Oiseau Vert pot.		Antiques Roadshow - Little Rock, Part 3 A 1985 Charles Schulz Snoopy sketch is appraised.		Fake or Fortune - Delaroché  A painting may be by 19th-century French master Paul Delaroché.		Secrets of the Dead - Nero's Sunken City (See CPTV, April 10 at 9 p.m.)	
 spirit	Born to Explore	Samantha Brown's...	4 Wheel Bob  Meet a pioneering wheelchair hiker.		Globe Trekker - Tough Trains: The Transcontinental Railroad		20th Century Limited Follow the New York Central Railroad's history.	
TUE 17	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Civilizations - Part 1: The Second Moment of Creation  Art and the imagination helped forge humanity.		Art Detectives - Part 1  Follow Dr. Bendor Grosvenor as he tracks down lost and hidden art treasures.		Frontline - McCain  Explore Sen. John McCain's complicated relationship with President Trump.		16 for '16 - The Contenders: Chisholm/McCain, The Strait Talkers	
 spirit	NOVA - Secrets of the Sun The sun is being explored in new ways.		The Farthest: Voyager in Space Hear captivating tales of people and events behind NASA's Voyager mission.			Museum Access	Roadtrip Nation: Degree of Impact	
WED 18	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	NOVA - Living with the Weather Machine  Join scientists on a quest to better comprehend the workings of the weather and climate change.				POV - Bill Nye: Science Guy  Follow Bill Nye, former host of a popular kids show, as he seeks to change the world through science.			Project Asteroid: Mapping Bennu 
 spirit	Rachel Carson: American Experience The groundbreaking writings of Rachel Carson revolutionized humans' relationship to the natural world.				Independent Lens - What Lies Upstream  The truth behind a chemical spill is uncovered.			Film School Shorts



GISELLE Moscow Festival Ballet

Tue, Apr 3, 7:30 pm

Experience the highest classical elements of the great Bolshoi and Kirov Ballet companies when the Moscow Festival Ballet comes to Storrs to perform one of the most famous and enduring of the romantic ballets. Over fifty leading dancers from across the Russias bring this tragic tale of innocence and doomed passion to life with ethereal choreography and a hauntingly beautiful score by Adolphe Adam.



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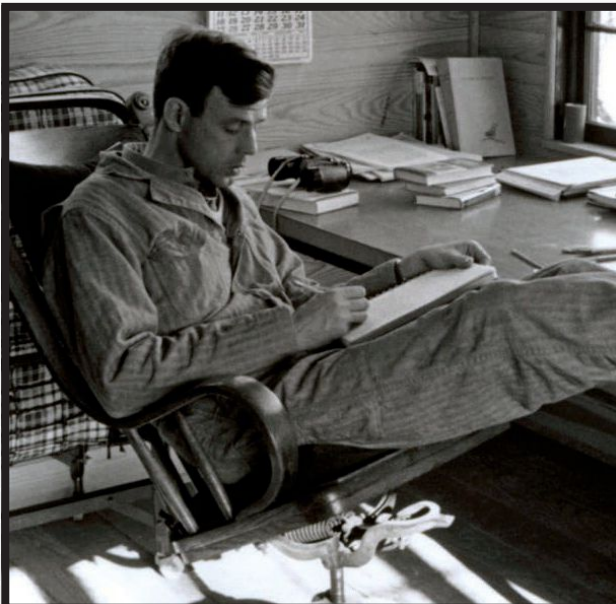
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Prime Time | April 19-24

THU 19	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
cptv	The Dr. Blake Mysteries - The Call of the Void P A chef is found dead in a freezer.		Vera - The Deer Hunters When a suspected poacher is found dead, Vera digs deep into his tragic life and checkered history.			Marley's Ghosts, Season 2 - Part 6	Ask This Old House	This Old House
spirit	Start Up	Craftsman's Legacy P	This Old House Hour P A new foundation is poured.		The Great British Baking Show, Season 4 - Part 7: Desserts		Martha Bakes	Baking with Julia
FRI 20	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
cptv	Midsomer Murders - The Dogleg Murders, Part 1 P Secrets are revealed at a Midsomer golf club.		Death in Paradise, Season 5 - The Blood Red Sea A marine salvage hunter is killed.		The Kate - Black Violin P Enjoy a cool, contagious, powerful mash-up of classical and hip hop.		will.i.am: Landmarks Live in Concert, A Great Performances Special	
spirit	Pioneers of Television - Prime Time Soaps		The Public Television Feature Film Collection - Cat on a Hot Tin Roof P A man (Paul Newman) visits his father with his wife (Elizabeth Taylor).			Science Goes to the Movies	On Story	
SAT 21	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
cptv	Viewers' Favorites* (Start: 7:30 p.m.) Enjoy special Saturday night programming only found on CPTV.		The Public Television Feature Film Collection - Network P A TV executive (Faye Dunaway) boosts her ratings with a mad anchorman (Peter Finch) who thinks he speaks for God.			The Dr. Blake Mysteries - The Call of the Void (See CPTV, April 19 at 8 p.m.)		
spirit	800 Words, Season 2 - Part 15 P Hannah gets a proposal.		The Durrells in Corfu, Season 2 on Masterpiece - Part 6		Grantchester, Season 1 on Masterpiece - Part 3		Vera - The Deer Hunters** (See CPTV, April 19 at 9 p.m.)	
SUN 22	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
cptv	Call the Midwife, Season 7 - Part 6 P Barbara helps a widowed, pregnant mother of two.		Unforgotten, Season 1 on Masterpiece - Part 3 P The past catches up with the suspects in Jimmy's murder. A second cold case solves the mystery.		Midsomer Murders - The Dogleg Murders, Part 1 (See CPTV, April 20 at 8 p.m.)		Marley's Ghosts, Season 1 - Part 3	
spirit	Nature's Great Race - Zebra Zebras face hard challenges.		The Great Yellowstone Thaw - Part 3		Journey to Planet Earth - Dispatches from the Gulf, Part 2 P		Independent Lens - Seed: The Untold Story	
MON 23	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
cptv	Antiques Roadshow - Green Bay, Part 1 P See a new episode filmed in the Wisconsin city.		Antiques Roadshow - Charleston, Part 1 Items appraised include a Babe Ruth archive.		Fake or Fortune - Constable P Are two paintings missing works by John Constable?		Art Detectives - Part 1 (See CPTV, April 17 at 9 p.m.)	
spirit	Born to Explore	Samantha Brown's...	Travelscope	Rudy Maxa's World	Globe Trekker - Road Trip: Rust Belt Highway U.S.A., Part 1		Paving the Way: The National Park-to-Park Highway - Part 1	
TUE 24	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
cptv	Civilizations - Part 2: How Do We Look? P Explore the many functions of the human image in art.		Art Detectives - Part 2 P (See CPTV, April 17 at 9 p.m.)		Frontline - Trafficked in America P Meet Guatemalan teens forced to work against their will in Ohio.		Frontline - Poverty, Politics & Profit The billions spent on affordable housing is investigated.	
spirit	NOVA - The Great Math Mystery How does math work in our brains?		Secrets of the Dead - Leonardo: The Man Who Saved Science		Secrets of the Dead - The Mona Lisa Mystery		Roadtrip Nation: Being You Inspiring stories are shared.	



Look & See: Wendell Berry's Kentucky An Indie Lens Pop-Up Series Presentation

Thursday, April 19 at 7 p.m.
63 High Street, New Haven, CT
 FREE Screening and Discussion

Experience the changing landscapes and shifting values of rural America in the era of industrial agriculture, as seen through the mind's eye of award-winning writer and farmer Wendell Berry, back home in his native Henry County, Kentucky.

Find additional details at **cptv.org**.

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Prime Time | April 25-30

WED 25	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Nature - Natural Born Rebels  Meet animals who will steal, cheat, and fight to get food.		NOVA Wonders - What Are Animals Saying?  Explore the codes of animal communication.		NOVA - Bird Brain The genius of birds is leading scientists to rethink basic notions of intelligence.		Antiques Roadshow - Green Bay, Part 1 (See CPTV, April 23 at 8 p.m.)	
 spirit	The Mine Wars: American Experience Go inside the bitter battle to unionize coal miners at the dawn of the 20th century in America.				Independent Lens - Look & See: Wendell Berry's Kentucky 		Reel South - Overburden Two lives collide after a mine disaster.	
THU 26	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	The Dr. Blake Mysteries - All She Leaves Behind  A controversial writer is found dead.		Vera - Death of a Family Man When a businessman is found dead, Vera uncovers secrets hidden behind his veneer of respectability.			You Are Cordially Invited - Blenheim...	Ask This Old House	This Old House
 spirit	Start Up	Craftsman's Legacy	This Old House Hour  Tom sees how pipes are disguised.		The Great British Baking Show, Season 4 - Part 8: Tudor Week		Martha Bakes	Baking with Julia
FRI 27	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Midsomer Murders - The Dogleg Murders, Part 2  (See CPTV, April 20 at 8 p.m.)		Death in Paradise, Season 5 - Flames of Love A tourist is found dead in her locked bathroom.		The Kate - Jarrod Spector & Kelli Barrett  This love story in song features the music of U2 and more.		International Jazz Day from Cuba  Renowned artists come together for a celebration.	
 spirit	Pioneers of Television - Breaking Barriers		The Public Television Feature Film Collection - Network (See CPTV, April 21 at 9 p.m.)			Science Goes to the Movies	On Story	
SAT 28	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	The Public Television Feature Film Collection - Cat on a Hot Tin Roof (See CPTV Spirit, April 20 at 9 p.m.)				Hollywood Idols - Burt Lancaster 	Hollywood Idols - Gary Cooper 	The Dr. Blake Mysteries - All She Leaves Behind (See CPTV, April 26 at 8 p.m.)	
 spirit	800 Words, Season 2 - Part 16  Terry's true colors are revealed.		Death in Paradise, Season 5 - Flames of Love		Grantchester, Season 1 on Masterpiece - Part 4		Vera - Death of a Family Man** (See CPTV, April 26 at 9 p.m.)	
SUN 29	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Call the Midwife, Season 7 - Part 7  Barbara is in isolation at the hospital.		Unforgotten, Season 2 on Masterpiece - Part 1  A waterlogged suitcase holds the remains of David Walker, 25 years after he disappeared.			Midsomer Murders - The Dogleg Murders, Part 2 (See CPTV, April 20 at 8 p.m.)	Marley's Ghosts, Season 2 - Part 1	
 cptv	Nature - Nature's Miniature Miracle Hear survival stories of tiny animals.		Nature - Animal Misfits Odd and unlikely creatures are explored.		Nature - Nature's Miracle Orphans: Second Chances		POV - The Islands & the Whales Hunting practices are threatened.	
MON 30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
 cptv	Antiques Roadshow - Green Bay, Part 2  Roadshow continues to mine treasures in Wisconsin.		Antiques Roadshow - Charleston, Part 2 Finds include an Oscar Wilde manuscript poem.		Fake or Fortune - Tom Roberts  A painting thought to be by Tom Roberts is examined.		Art Detectives - Part 2 (See CPTV, April 17 at 9 p.m.)	
 spirit	Born to Explore	Samantha Brown's...	Red Dot on the Ocean: The Matthew Rutherford Story 		Globe Trekker - Road Trip: Rust Belt Highway U.S.A., Part 2		Paving the Way: The National Park-to-Park Highway - Part 2	

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Tuesday, April 3 at 7 p.m.

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Tuesday, May 15 at 7 p.m.

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Ridgefield Playhouse, Ridgefield, CT



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Quinoa Bowl with Toasted Pine Nuts, Lemon, and Raisins

FROM FAITH:

It's got protein, dietary fiber, and minerals—no wonder people consider quinoa a superfood. It's super in my book because it's delicious. I love quinoa's earthy flavor and texture—and I love that I can offer this hearty quinoa bowl to friends who are gluten-free eaters. The bite of the acidic lemon is beautiful against the snap of scallions and the sweetness of the raisins. This dish makes a tasty lunch on its own or a perfectly good side with roast chicken or lamb. It's calorie-friendly, so easy to throw together, and comfortingly good.

Faith

INGREDIENTS

1 cup quinoa
Kosher salt, to taste
¼ cup mixture of chopped
parsley and mint
¼ cup scallions,
green and white parts, chopped
2 tablespoons olive oil
2 tablespoons pine nuts, toasted
2 tablespoons raisins
Freshly squeezed juice of ½ lemon

INSTRUCTIONS

1. Bring water to a boil in a saucepan. Add the quinoa and cook it like you would pasta, according to package directions.
2. When the quinoa is cooked, drain it and put it in a bowl.
3. Add the remaining ingredients to the bowl, give it a stir, and taste. Adjust the seasoning to taste. You can add more salt, raisins, or lemon if you like. If you'd like the mixture wetter, drizzle on a little more olive oil.
4. Toss one last time just before serving.



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The original Yale School of Medicine building on Grove Street in New Haven. WIKIMEDIA

Resurrection Riot

WHEN YALE MEDICAL STUDENTS
ROBBED A GRAVE FOR SCIENCE,
NEW HAVEN ERUPTED IN FURY

Bathsheba Smith's body was stolen, taken unceremoniously from her not-so-final resting place in the West Haven burial ground in the predawn hours of Jan. 11, 1824.

A neighbor heard the gravediggers passing by in a cart between midnight and 2 a.m. The next day, the local West Haven constable, Erastus Osborn, was summoned to the now-bodiless gravesite of the 19-year-old farmer's daughter who had died recently of unrecorded causes.

But there was no great mystery to be solved. Everyone knew the motive for the crime, and everyone knew where the body had been taken: Yale's medical school.

Grave robberies were not uncommon at the time in communities near U.S. medical schools, says Michael Sappol, author of *A Traffic of Dead Bodies: Anatomy and Embodied Social Identity in Nineteenth-Century America*.

"It happened at Harvard and happened at Dartmouth, and every single medical school in antebellum U.S. had a body-snatching scandal and often a riot," he says. "In order to have a medical school you had to have a course in anatomy with dissection. No good legal source of bodies. Therefore, body snatching."

Sometimes hospital, poorhouse or prison wardens were paid off to supply bodies to medical schools. Other times professional grave robbers, so-called "resurrection

men" or "sack-'em-up men" were hired. But often the act was undertaken by medical students themselves.

"In many places students had to get their own bodies," Sappol says. "And given the fact that these were very young, high-spirited men, there was a lot of gamesmanship and sport, a lot of pleasure, a lot of adventuring, storytelling, student culture, etc., around grave robbing for anatomical study. It was a practical necessity. It was fun."

On Monday, Jan. 12, 1824, as news of the grave robbing spread across the New Haven area, Osborn got a warrant and, along with several West Haven and New Haven volunteers, including Bathsheba's father, searched the Yale medical facility on Grove Street (the medical department moved to York Street in 1860 and the Grove Street building was demolished in 1931).

Upon entering the building's small, low cellar, paved with large, flat stones, Osborn spotted a small amount of fresh dirt scattered near one stone.

"I scratched with the end of my walking stick and the more I examined the more suspicion was created," Osborn would recall in a letter written later that day to his father. "We soon found the earth appeared fresher between the stones and finally took up a large flat stone where we discovered a white bundle, apparently a bundle of clothes." Upon closer examination, they "found a human body doubled up in a heap entirely covered up with the grave clothes. We took it out and it was immediately known to be the body of the young woman we were searching for."

Bathsheba's body was put into a wagon to be brought back to West Haven. The wagon moved down College Street at about noon, then down Chapel Street where bells tolled and an angry crowd gathered.

New Haven's resurrection riot had begun.

By the following night, Yale's medical students had armed and shut themselves up in the college, expecting an attack. "West Haven people, a great number, have come over and New Haven has mustered a large company," Osborn says. "Drum has beat & the streets are crowded with the besieging army preparing for the assault."

Newspapers of the time reflect the furor of the city's populace. The *Connecticut Herald* wrote on Tuesday, Jan. 13, "If subjects are necessary for dissection, in the progress of Anatomical instruction, the ceremonies of the grave, where the names of the loved and the lamented are placed to mingle with their kindred earth, are not to be violated with impunity, and the hand that could ruthlessly touch the hallowed spot is even more venomous than slander."

For several days after Bathsheba's body was removed from Yale, the riots continued. The glass on the medical building windows was broken by rioters, and there was even an attempt to tar and feather a suspected perpetrator of the grave robbing. The City Authority stepped in to protect the students — there were 81 registered medical students at the time — stationing armed guards outside and arresting several rioters.

"We have never known so great an excitement in the city on any occasion as we have witnessed during the past week," the *Columbian Register* proclaimed on Jan. 17.

Ultimately, Ephraim Colborn, a Yale medical assistant, was found guilty of the crime and sentenced to nine months in jail and a fine of \$300. Writing about the incident in 1935 for the *Yale Journal of Biology*, Hannibal Hamlin argued Colborn may have unjustly taken the fall. "He was the only person indicted, two suspected medical students having transferred their studies with great alacrity to other parts before they could be [dragged] into court." Hamlin adds that the evidence against Colborn was circumstantial and there were no witnesses.

A few months later Connecticut passed legislation allowing for the bodies of those who died in prison and capital offenders to be used by medical professors and students.

A strange era of medical history in the state had come to an end. As Hamlin notes, "Throughout the history of anatomy nearly every important center of instruction has been obliged to hide an illegitimate skeleton in its closet." ■

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RICHARD A. BERNSTEIN, MD | HAND SPECIALIST

Dr. Bernstein completed a fellowship at Harvard's Brigham and Women's Hospital in hand and upper extremity surgery. He holds the Certificate for Added Qualification for hand surgery and is Chairman of the Meetings Committee for the American Society for Surgery of the Hand where he serves on multiple committees. He is Vice President of the New England Hand Society and serves on the Workers compensation and Sports Medicine committees for the CT State Medical Society. Additionally, he has a patent for an elbow implant under development and has published "Arthritis of the Hand and Upper Extremity: A Master Skills Publication."



JOHN DAIGNEAULT, MD | SPORTS MEDICINE SPECIALIST

Dr. Daigneault graduated from Holy Cross College with a Bachelor of Science degree in Chemistry and from Boston College with a Masters in Biochemistry. He attended Albany Medical College where he received his doctor of medicine. His surgical residency was at the Yale University School of Medicine. His fellowship in Sports Medicine was carried out at the Kerlan-Jobe Orthopaedic Clinic in Inglewood, CA.



PETER A. DELUCA, MD | PEDIATRIC ORTHOPAEDIC SPECIALIST

Dr. DeLuca is a graduate of Duke University School of Medicine, Durham, NC where he completed internships in Pediatric and General Surgery. He did his Orthopaedic Surgery Residency at Yale-New Haven Hospital and fellowship training in Pediatric Orthopaedic Surgery at Newington Children's Hospital. He continues as an Associate Professor in the Department of Orthopaedic Surgery at UCONN and Assistant Professor in the Department of Orthopaedics & Rehabilitation at the Yale School of Medicine. Dr. DeLuca lectures nationally and internationally and has published extensively.



JOHN D. KELLEY, MD | SPORTS MEDICINE SPECIALIST

Dr. Kelley received his B.A. degree from Yale University and his M.D. degree from the Medical College of Ohio in Toledo where he was inducted into Alpha Omega Alpha Medical Honor Society. He completed his residency in general surgery at Yale-New Haven Hospital, followed by an orthopaedic surgery residency at both Yale-New Haven Hospital and Newington Children's Hospital. A recipient of a Sports Medicine Fellowship, Dr. Kelley studied Sports Medicine at the Kerlan-Jobe Orthopaedic Clinic.



JAMES J. YUE, MD | SPINE/BACK/NECK SPECIALIST

Dr. Yue, the immediate past co-director of spine surgery at Yale University, specializes in the treatment of adult spinal disorders including the minimally invasive treatment of cervical and lumbar disc herniations, spinal stenosis, low back pain, and spinal fractures. After undergraduate studies at Harvard University he attended Northwestern University Medical School and completed his orthopaedic residency at University Hospitals of Cleveland. He completed two post residency fellowships and has been Principal Investigator on several FDA clinical trials. He is currently an Associate Clinical Professor and member of the Faculty Council in the Frank H. Netter School of Medicine at Quinnipiac University.



RICHARD A. ZELL, MD | FOOT & ANKLE SPECIALIST

Dr. Zell is a graduate of the University of Notre Dame and received his medical degree from the State University of New York at Stony Brook. He completed his Orthopaedic residency at the University of Connecticut followed by two fellowships (Sports Medicine at the Graduate Hospital in Philadelphia & Foot/Ankle Surgery at The Hospital of Joint Diseases in New York City). Dr. Zell is currently the chairman of the membership committee for the American Orthopedic Foot and Ankle Society.

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